[file name]:
Wind - Feng - Talk – Lester Levenson - Lester Levenson ’s Six Steps – Lester Levenson – TSM – The Sedona Method Release Technique – WeChat Screenshots and Images of Wind (Feng).pdf

Version 3.4 – All Images and WeChat Screenshots of Wind (Feng) in WeChat Groups “Shortcuts to Freedom” and “TSM The Original Sedona Method Release Diamond Island”

Note: some of the images and Weixin (WeChat) screenshots embedded in the documents 01 to 05 were not translated so this document provides translation for the images.

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Source (Github):

https://github.com/deng-bowen/6-steps/blob/main

https://drive.google.com/drive/folders/1WlCTqnPtCVDKt8gc2YVA4fpBWee4QHac?usp=sharing

People mentioned in this document:

Wind (Feng 风 / 風 in Chinese)

Lester Levenson (1909-1994)

Lester Levenson (The Sedona Method / The Release Method Technique)

The Sedona Method by Lester Levenson

The Sedona Method Release Technique

Wind (Feng) on Six Steps of Lester Levenson

Wind (Feng) 's application of Lester Levenson (The Sedona Method) Six Steps to Freedom

Hale Dwoskin (The Sedona Method)

Larry Crane - Lawrence Crane (The Release Technique)

Stephen Seretan

Ralph Zeitlin

David Hawkins MD PhD (author of book 'Letting go')

Buddha

Yogananda

Jesus

PS. This document is translated from Chinese to English, with the assistance of DeepSeek in February 2026.

[Wind - Feng - - Lester Levenson (The Sedona Method) – Lester Levenson (Six Steps)

Screenshots WeChat content – BEGIN]

[file name]: WeChat Screenshots -- Wind - Feng - Talk - Lester Levenson The Sedona Method Release - Lester Levenson Six Steps .pdf

Summary

Six Steps to Freedom (Lester Levenson) :

1. Want freedom more than anything else.
2. Make the decision to go free.
3. All feelings culminate in two wants: wanting of approval and wanting of control; these are survival mechanisms. Release (let go of) them.
4. Continuous release 24/7 .
5. When you get stuck, release the desire to change the feeling of being stuck or the vague feeling.
6. Each time you release, you feel happier, lighter, and more liberated. With each release, you become increasingly joyful, relaxed, and liberated. You have more momentum to go free.

There are no stops in six steps.

Most simplified version from Lester Levenson:
Release all feelings, your mind quiets, and you are there.

Wind:
As long as it is a feeling, it can be released, and after being released, the inner attitude is completely different from before. Keep it simple, apply 6 steps all the way to Freedom.

[file content begin]

Translator's Note: This translation prioritizes the core teachings of Lester Levenson and the Sedona Method. The original text contains informal chat logs. The translation aims to convey the meaning clearly and directly, using terminology consistent with Lester Levenson's teachings and The Sedona Method (e.g., "release," "wanting control," "wanting approval," "wanting security," "imperturbability," "Infinite Being"). Chinese cultural references and idioms are translated for meaning.

Part 1 of 3

[File Name]: v4 -- part 1 of 3 -- Wind chat log on Lester Levenson and The Original 1992 Sedona Method and Lester Levenson Six Steps.pdf

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===== Page 1 =====

The outside world is originally a projection of yourself. If you are disturbed, it only means you wanted to be disturbed. You used your thoughts to create the situation that disturbed you.

===== Page 2 =====

Wind 2021-01-05 11:51:50 At the mental level, you create an image, and you develop the astral body. That's possible, but you wouldn't do it. You just wouldn't do it, not because there's an "I cannot."

===== Page 3 =====

Wind 2021-01-05 11:51:25 Of course, because the astral body is mental, emotional, and made of life particles.

===== Page 4 =====

Wind 2021-01-05 11:49:52 matrix – This is a word Lester used. The physical body is projected by the astral body, not the other way around.

===== Page 5 =====

Wind 2021-01-05 10:59:35

===== Page 6 =====

You always have to face those suppressed feelings of aversion because there is a more superficial 'you' that hasn't recognized them. You cannot bypass the surface feeling to release what's underneath. That would be trying to suppress. Don't go looking for it.

===== Page 7 =====

Q: How do I release the feeling of impossibility?

Wind: The feeling of impossibility is also just a feeling. Same process. The fastest way is to release the three core wants. How could you have no feelings at all? This is the same question. It's impossible for you to have no feelings. Unless you are already completely free, you are infinite existence. "No feeling" is also a feeling. A vague, unclear feeling. Just continue releasing it.

Q: This one is the hardest to release.

Wind: Relax. Treat it as a simple sensation to release.

===== Page 8 =====

Q: Isn't wanting a feeling of effort?

Wind: Wanting is just wanting.

Q: Is wanting a feeling of grasping?

Wind: Wanting control is often accompanied by a feeling of effort. Wanting approval means you want to be approved of by others, want to be understood, want to be praised, want to be loved... These concepts are already simple enough, so don't analyze them. Explaining one concept with a series of other concepts is just a game of the mind. Translating words doesn't give you the experience.

===== Page 9 =====

Wind: Try to answer those questions intuitively as much as possible. Feel your wanting. Ask yourself, is it wanting control or wanting approval?

Q: Wanting to eat something

Wind: Answer intuitively.

Q: Control

Wind: Good, allow yourself to become more aware of this wanting control. Then ask yourself, can I let it go? This completes the process.

===== Page 10 =====

Q: If we take this state of wanting to eat as an example.

===== Page 11 =====

The Complete Process

First, you need to relax your body. Once you notice you are using effort while releasing, you need to stop and relax your body. Do this every time you feel yourself squeezing with effort. Because many people, due to past wrong habits, are used to using effort. If you try to look for a feeling while releasing, you are actually avoiding the feeling of the present moment. You are avoiding the feeling of the present moment twenty-four hours a day.

===== Page 12 =====

Wind 2021-07-26 18:11:58 wants is just wanting

===== Page 13 =====

Even if your goal is harmful, it will become harmless during the releasing process. Your goal will transform because no one truly wants to harm others. Harming others is harming yourself.

===== Page 14 =====

The only barrier Why isn't it want instead of feelings?

Wind 2021-07-26 18:09:05 Because wants are also feelings

Yitian 2021-07-26 18:11:45 Can want be said to be the feeling of insecurity?

===== Page 15 =====

The emotion chart is a tool. When you can't feel the want directly, you first feel the emotion, and then feel the want driving it. When you feel the want directly, you don't need to go back to feeling the emotion. These are all covered in the course.

===== Page 16 =====

Wind 2021-07-26 17:31:29 Let the feeling come out.

Then, identify whether it's wanting control, wanting approval, or wanting security. Allow it to leave. You release whatever feeling you become aware of. If you can't feel an emotion, you can use this method to help you feel it.

===== Page 17 =====

But once you become aware of the want and have already released it, why would you go looking for tools everywhere? [Laughter]

Course videos, workbook, use them when you need them. But ultimately, you only need the Six Steps. When you only need this one tool, the Six Steps, you are on your way.

===== Page 18 =====

Towards the end of the course, questions are already very few. Question sentences are tools. When you need to use them, of course, pick them up and use them.

===== Page 19 =====

China Unicom 4G 4:36 PM 38% Group Chat

Wind (Release Method Wind) The message he sent me on November 2nd

Wind (Release Method Wind) He also knew I studied in Melbourne

Wind (Release Method Wind) He had been following me for a few years

Wind (Release Method Wind) Meaning he was around me

Wind (Release Method Wind) I must have been his student in a past life

Wind (Release Method Wind) He helped me a few years ago

Wind (Release Method Wind) He told me he infused some inspiration about the Six Steps into my causal body

Wind (Release Method Wind) So I could use them

Wind (Release Method Wind) 9:20 PM

===== Page 20 =====

Original Sedona Release Method >

Wind 2020-10-12 09:20:17

Learning through release examples is the easiest method. To understand how the process works, the best way is to experience it yourself, see how others do it, follow along yourself, or have someone guide you. You'll learn quickly. That's why you'll see the Sedona Institute teaches very little theory, and the practical part is entirely example-based. The eight videos are constantly showing you how others release.

There's one phrase worth emphasizing: **stir up**. This will be used often in later videos for guidance. What is the current feeling? What want does it **stir up** (evoke)? Because the previously used phrase "comes from what want" might make people subconsciously use their minds to analyze the cause. So, this can be highlighted. You can use **stir up**. Look at your current feeling. See what want it stirs up: wanting control, wanting approval, or wanting security.

Group member "Jing Di": I feel like I still don't know how to release. How do I allow the want to leave? If I allow it to leave, will it definitely leave?

"Wind": Yes, it wants to push itself out. You just need to let go of the force of suppression.

"Jing Di": I understand intellectually, but I don't know how to do it myself.

===== Page 21 =====

Ekamantam thitā kho sā devatā bhagavantam etadavoca – "katham nu tvaṃ, mārisa, oghamatarīti? 'Appatiṭṭham khvāham, āvuso, anāyūham oghamatari'nti. 'Yathā katham pana tvaṃ, mārisa, appatiṭṭham anāyūham oghamatarīti? 'Yadākhvāham, āvuso, santiṭṭhāmi tadāssu saṃsīdāmi; yadākhvāham, āvuso, āyūhāmi tadāssu nibbuhāmi [nivuyhāmi (syā. kam. ka.)]. Evam khvāham, āvuso, appatiṭṭham anāyūham oghamatari'nti.

Translation:

Standing to one side, that deva said to the Blessed One:

“How is it, dear sir, that you crossed the flood?”

“I crossed the flood, friend, by not taking a stand and by not striving.”

“But how, dear sir, did you cross the flood without taking a stand and without striving?”

“When I tried to stand, I sank.
When I tried to struggle and push forward, I was swept away.
Thus, friend, by not taking a stand and by not striving, I crossed the flood.”

In other terminology:

- “Taking a stand” can be understood as psychological resistance — the ego trying to establish a fixed position (wanting control).
- “Striving” can be understood as compulsive doing — the ego’s effortful attempt to force outcomes. (wanting control)
- “Crossing the flood” points to awakening through Releasing (Letting go) – Presence.
- The crossing happens through non-resistance and non-striving — abiding as aware Presence rather than reacting as ego.

It describes awakening not through force, but through effortless Presence.

===== Page 22 =====

Your Ticket to Imperturbability

===== Page 23 =====

YOUR TICKET TO IMPERTURBABILITY

Carry out these three things and you will quickly reach Imperturbability.

1. Release only the three wants.
2. Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.
3. Make it a Do It Yourself Tool.

You now have all you need to go all the way to imperturbability.

===== Page 24 =====

It's always like this in the beginning. They surface, but get stuck when you try to allow them to leave. Every time you allow them to leave, they get stuck. Step, get stuck. Step, get stuck. Follow what "Wind" said: treat this just like any other feeling. Continuously remind yourself they are just feelings. Gradually, you'll be able to maintain a state of 'coasting,' letting them release automatically. When enough of these basic feelings are released, the feeling underneath them surfaces: the feeling of fear of death.

===== Page 25 =====

"How are you feeling now?" "Wow, very good, but it seems like there's still some there." "So, can you allow them to come out?" "I can try." I remember a chat log I had before about this.

===== Page 26 =====

Wind

Lester talked about **isolate** elsewhere.

You can only isolate in one place, and that's by letting the mind be quiet.

You cannot isolate by isolating from the external.

get everything isolation it go! by releasing only

He explained what isolation is in other audio recordings. Lester's in Chapter... of *The Ultimate Freedom Path*

===== Page 27 =====

Here Lester says, by clearing away the **agflap**, you can master the mind. At this point, the mind still remains, right?

You must release wanting control and approval to remove all **agflap**.

Release the fear of death.

It's like many people ask, why release like this?

Release the fear of death to clear away the entire mind.

Because it's not the top. **'car'** refers to sex.

Yes.

No, don't misunderstand this point.

===== Page 28 =====

Release Method Practice Support Group (58)

Jin You're welcome

Jin 7:55 AM

Tong

Zi 8:20 AM

A Thousand Miles on the Road of Love *Xiao Juan & Shan Gu Li De Ju Min*

QQ Music

let it go! 8:30 AM

get everything by releasing only

Doesn't the 'cap' at the end need to be removed?

Tian Cheng: What is mastering the mind? Remove your **agflap**, that's all. Then you truly...

===== Page 29 =====

"No feeling," a vague, unclear feeling – it's just you avoiding the feeling. It's not that there's really no feeling.

===== Page 30 =====

It's just accompanying physical sensations. "No feeling" is a vague, unclear feeling. Or an indistinct feeling. Consciously pay attention to your vague, unclear feeling. This will be very helpful. First, just notice it. Don't be in such a hurry. If, when you try to feel, your feeling is "no feeling," don't go looking for another feeling. Just allow this "no feeling" to be here. But first, don't do that. First, pay attention to this "no feeling," or this feeling of blankness. Consciously notice it until you recognize it as a feeling.

===== Page 31 =====

Sui Le 2021-01-11 22:27:11 @Wind When releasing, the energy flows to the edge and then stops. It doesn't flow out and disappear; it should be dissolving, right? Is this being stuck?

Wind 2021-01-11 22:27:14 Yes, every release will make you **move up**. This is being stuck. In fact, if you focus too much on physical sensations, you will get stuck. Because feeling (psychological level) is something on the psychological level. What you truly release is this. The physical sensations you experience – coolness, heat, energy dissipating, tightness becoming smooth – are all side effects accompanying emotional release. There will be some effect, you

will release a little, but it's far less powerful than the release process. **get everything by releasing only**. As long as there is a want, obtain it through release. Feelings drive thoughts. Wanting is a core feeling. For example, the exercises in the workbook: "In what situations do you want to gain control?" "In what situations do you want to gain approval?" Doing these exercises is feasible. Pay attention to psychological feelings, not physical sensations.

===== Page 32 =====

Wind 2021-01-11 22:15:28 Release towards it. Release when you notice it. Releasing is very simple, very easy. Release is not an activity that requires you to expend great effort. Some people might have misconceptions about release due to past incorrect practice methods. Accept unclear feelings. An unclear feeling is a type of feeling. This needs to be recognized. There is never a time when you have no feeling. You only have times when you don't recognize a feeling as a feeling. Lester specifically mentioned this **vague feeling**. An unclear, vague feeling.

===== Page 33 =====

First, you need to relax your body. Once you notice you are using effort while releasing, you need to stop and relax your body. Because many people, due to past wrong habits, are used to using effort. If you try to look for a feeling while releasing, you are actually avoiding the feeling of the present moment. You are avoiding the feeling of the present moment twenty-four hours a day.

===== Page 34 =====

Outside, there is only your thought. At the beginning, you are still creating some events, but it's your own desires disturbing you. As you release further, especially when you focus on releasing the fear of death, wanting control and approval will mostly leave. The world will not disturb you at all.

===== Page 35 =====

Tian Cheng 07:17:49

===== Page 36 =====

Is your current feeling wanting control or wanting approval? Can you allow yourself to become more aware of it? Can you let it go?

===== Page 37 =====

I'm trying to elevate you from kindergarten to graduate level. — Lester

===== Page 38 =====

Wind 2020-12-31 21:07:55 Don't overthink it, just release.

Student (Hai Er): I have a question. How do you make yourself reach the state of not being the doer?

Lester: Me? I just say "I am not the doer," that's all.

Student (Hai Er): That's you. How do *I* do it?

Lester: Practice. Of course, the best way is what I said before: release. When you release, you are not the doer. Sometimes this answer troubles you all (laughter).

Sometimes this answer is really troubling, but indeed, just release, no need for anything else.

===== Page 39 =====

Wind 2020-12-31 21:06:20 You can release while doing anything. You can give it a try.

===== Page 40 =====

You can control. Release wanting control, and you'll be able to control better.

===== Page 41 =====

2020-12-31 21:02:19

===== Page 42 =====

Write down what you truly want, no matter how impossible it seems. Use the fourth guideline.

===== Page 43 =====

Learning the release process is for implementing the Six Steps. There are two release processes. The first is the process for releasing emotions. It's for beginners, letting you experience release. After learning to release emotions – the course schedules two days for this – you then learn to release wants. Releasing emotions is a step towards releasing wants. After learning to release wants, you then study the content of **THE WAY**. The content of **THE WAY** is all about the six steps. Other advanced content also elaborates on the six steps.

===== Page 44 =====

You must experience it. One of the best practices is to **get everything by releasing**. Otherwise, you will always retain the possibility of seeking happiness from other things in the world. If you

cannot experience that the source of all happiness comes from within, you cannot fully accomplish the first step. Shouting slogans is useless.

===== Page 45 =====

Wind 2020-12-29 14:06:13 How many people on Earth do you think are 趋向自由 (moving towards freedom)? In this Degenerate Age (Kali Yuga), not many people are 趋向自由. Groups gathering under spiritual banners are not people who want freedom; this is a huge misunderstanding.

===== Page 46 =====

Wind, So by releasing and identifying with the True Self, programs, karma, destiny, horoscopes, etc., all become invalid, right?

Wind 2020-12-29 14:03:07 Yes, as long as you release continuously for a few days, all astrology and fate calculations will become completely ineffective for you.

===== Page 47 =====

Sometimes it's useful, but if you don't consciously release, you will remain stuck. Don't turn it into a kind of "awareness method."

===== Page 48 =====

The process of releasing is an experience, not a mental idea. Practice the process more. Allow yourself to feel your emotions, then use the questions. The questions don't need to be understood; just ask them.

===== Page 49 =====

Wind 2020-12-29 13:00:06 You're stuck. First, allow the feeling of being stuck to express itself. Let yourself feel the stuck feeling.

===== Page 50 =====

When the stuck feeling surfaces, don't try to suppress it, and don't try to distract yourself or take a break before releasing. If you avoid the stuck feeling or suppress it into the subconscious, it will continue to run you.

===== Page 51 =====

Release the want, and you will feel that having your goal is very simple. Look at your feeling towards the goal, and then release.

===== Page 52 =====

Wind 2020-12-29 11:49:00 Being stuck is just a feeling. Feel the stuck feeling, and then feel the wanting control towards it. You can feel stuck. It is also just a feeling. At the same time, you can feel the wanting control towards it.

===== Page 53 =====

Obviously, you want to change a certain situation. This feeling is the wanting to change.

===== Page 54 =====

Wind 2020-12-29 11:48:16 You have emotions at all times. If the emotions are not obvious, it's called a "vague, unclear feeling."

===== Page 55 =====

Do you want freedom? Make the decision for freedom, and then you start releasing. Release your wanting control and approval, release continuously. When you get stuck, release the wanting to change it. Every release will make you happier and lighter. The Six Steps are everything. There is nothing more to the Release Method.

===== Page 56 =====

Wind 2020-12-29 11:43:46 Do you like being stuck?

Jerro 2020-12-29 11:44:05 I can see that my chest is full of wanting control, wanting control, but I just can't let them go [crying]. Asking myself if I want to change this stuckness, the answer is "not really wanting to change." Then I can't proceed. Help @Wind

Wind 2020-12-29 11:44:52 Do you like being stuck?

Jerro 2020-12-29 11:45:16 Seems like I don't dislike it.

Wind 2020-12-29 11:45:30 Then can you decide to let it go?

Jerro 2020-12-29 11:46:01 Don't dislike it, yet still let it go... Emmm, I really want to cry.

Wind 2020-12-29 11:46:22 Do you want to feel better?

Jerro 2020-12-29 11:46:57 Crying [crying][crying][crying], don't know [crying][crying]

===== Page 57 =====

Step one, consciously control matter. Whether we are aware of it or not, we are always controlling matter. It is impossible not to be a creator. Everyone creates every day. The reason we are not aware of it is that we don't look at it. We manifest or create everything we have. Every thought, every single thought, manifests in this physical world. If you think a thought and then think the opposite thought with equal force immediately after, the first thought is neutralized. Any thought that is not immediately reversed and neutralized after it is generated will manifest in the future.

Every single thought manifests, as long as you don't neutralize it. An opposite thought will neutralize the previous one. If you say "I have a perfect body," and the next thought is "That's impossible," the previous thought is canceled. Therefore, you need to release the subconscious programs that drive your thoughts.

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What I mean is, in that state, you can dematerialize (disintegrate) the body, and then materialize (reintegrate) it again.

===== Page 59 =====

Elizabeth 2020-10-24 13:03:06 I saw in the textbook and videos that it's about releasing both sides.

Wind 2020-10-24 13:04:18 You can release the **attachment** and **aversion** related to it. When releasing, it's still about the three core wants.

===== Page 60 =====

Goals and Success

Continuously release your current feelings about success and failure until you feel completely more able to succeed in your life.

Goal:

Towards Goal Success	Completely release?	Okay?	My current feeling is _____.
Towards Goal Failure	Completely release?	Okay?	My current feeling is _____.

Towards Goal Success	Completely release?	Okay?	My current feeling is _____.
Towards Goal Failure	Completely release?	Okay?	My current feeling is _____.

===== Page 61 =====

All is Me (The Self), I am the development of all events.

===== Page 62 =====

What I mean is, in that state, you can dematerialize (disintegrate) the body, and then materialize (reintegrate) it again.

===== Page 63 =====

Mike, if you continue, you won't be in this state.

===== Page 64 =====

You either go up or down.

===== Page 65 =====

It's impossible for you to stay inside continuously.

===== Page 66 =====

Yes, you decide to release, but the feeling doesn't leave. This is being stuck. Why do you get stuck? This is just a very normal program. Wanting control causes stuckness. Once stuck, you need to release the wanting control, not forcefully try to leap over the stuck feeling. Don't do releasing in a struggling way. Releasing is easy, simple, effortless. Use the sixth step to verify your release. You must first face this stuck feeling, then release the wanting to change it. You will immediately feel better. Release it a few more times, and this "stuckness" will naturally clear, and it will be "more" pleasant. Regardless, it will be better than before.

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He has his creative, material playground.

===== Page 68 =====

You need to implement the Six Steps. This way, you can get all happiness from within. Or, by releasing to achieve goals, you turn your direction inward. **get everything by releasing only**. This also keeps you on the Six Steps.

===== Page 69 =====

When we are wandering, unable to decide which doctrine to accept, the Buddha, in the Pali Canon *Anguttara Nikaya 3.65 Kesamutti Sutta (Kalama Sutta)*, clearly tells us who are 迷茫 (confused): Do not immediately accept or believe anything, lest you become a slave to the knowledge of others (including the Buddha himself). For this, the Buddha summarized ten guidelines:

One, do not believe something just because it is rumored or spoken of by others.
Two, do not believe something just because it is upheld by tradition.
Three, do not believe something just because it is widely reported or currently circulating.
Four, do not believe something just because it is found in religious scriptures or texts.
Five, do not believe something just because it is based on logic alone.
Six, do not believe something just because it is based on philosophical reasoning.
Seven, do not believe something just because it conforms with common sense or external reasoning.
Eight, do not believe something just because it agrees with one's own conjectures, opinions, or ideas.
Nine, do not believe something just because of the speaker's apparent credibility or authority.
Ten, do not believe something just because the person is one's teacher or master.

===== Page 70 =====

Almost all your energy is used to fight against your feelings.

===== Page 71 =====

Exerting force, effort, these are all wanting control. **release takes no effort**. In fact, holding down your feelings requires a lot of energy. Feelings themselves want to leave. If you don't use force to hold them down, they leave. The process does exactly this: allows them to surface, allows them to leave.

===== Page 72 =====

Let the feeling come out, then recognize it as wanting control or approval, and then let it go.

After it leaves, look again at what feeling is now surfacing. Then recognize which basic want it is, and continue to let it go. If it doesn't leave, that's being stuck. Then you pay attention to this stuck feeling, and recognize that you want to change it. Then let this wanting to change leave.

===== Page 73 =====

“ The method is very simple, the method is very easy. Let the feelings surface, [recognize] they are wanting approval or control, and then let them out. “

—— Lester Levenson

===== Page 74 =====

Release the most superficial one. Then the next feeling will surface. You just need to keep releasing, and you can release it all completely.

===== Page 75 =====

Action does not affect release. Action will stir up more feelings; release in the moment the feelings surface.

===== Page 76 =====

After learning to release emotions, you can learn to release wants. Then you directly release wants. But note, a want is a basic feeling, not a thought. After it is released, the experience of release will be deeper.

===== Page 77 =====

Realize you want to control. Don't just see what feeling you are forcefully suppressing. Look at that stuck feeling. Then see how much you want to change it.

===== Page 78 =====

Wind 2020-12-16 09:16:20 This is what Yoga science calls **Savikalpa Samadhi**. But in **Savikalpa Samadhi**, the power of the seeds (samskaras) still exists, so one can regress, of course. And when you reach **Nirvikalpa Samadhi**, all seeds become inactive. At this point, you still have residual karma, but eliminating it is just a matter of time. Some masters choose to retain those residual karmas for a longer time.

===== Page 79 =====

Wind 2020-12-16 09:12:57 First, allow this emotion to express itself. Then you can release it.

===== Page 80 =====

Relax as much as possible, then use the process. When you go to feel, you don't need to try hard to feel. Because the most superficial emotion doesn't require effort to feel. When you ask the questions, don't try hard to answer. Not experiencing release is because you've added too much unnecessary effort into the process, rather than simply applying the process.

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After asking, you need to feel the current feeling again.

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Do the second round of the process the same as the first: identify it, then feel it, then use the three questions.

===== Page 83 =====

You need to first experience releasing emotions. Take out the emotion chart, find your feeling, then feel it directly for a while, using the three questions.

===== Page 84 =====

Allow yourself to feel this numb feeling.

Qing 2020-12-14 11:43:13 Yes, I can.

Wind 2020-12-14 11:43:29 Can you identify if it's wanting control or wanting approval?

Qing 2020-12-14 11:44:01 Wanting control.

Wind 2020-12-14 11:44:26 Then, did it leave?

Qing 2020-12-14 11:44:48 No, it went back to no feeling.

Wind 2020-12-14 11:44:51 Were you making an effort?

Qing 2020-12-14 11:45:16 It doesn't feel like effort, it feels elusive/flighty.

Wind 2020-12-14 11:45:28 Avoidance.

Qing 2020-12-14 11:45:36 Seems like it.

===== Page 85 =====

Wind 2020-12-09 22:49:07 Yes. The greatest function of releasing on goals is not the goal itself, but to make you understand that you are the master of matter. You have to prove to yourself that you have that ability. If you really don't want this goal anymore, then switch to one you truly want. But you must achieve it. You can't keep putting it off. You cannot let failure become the norm. You can take what you currently want most and release to obtain it. Then you will discover that it cannot bring you happiness. You continue moving forward. Release another new goal, and you will discover that there is no happiness in that either. Finally, you are left with only one direction, and that is freedom. Why do this? Because right now you only theoretically know the source of happiness, not through true experience. Before you truly experience it, no matter how much you shout slogans of freedom, your actions will go against it. The more you release, the more you feel obstacles. This is normal. The deeper you go, the more you encounter stubborn programs. At this time, just remember the Six Steps, treat each release as if it were the first. Any feeling is just a feeling. Yes, go experience it, use Lester's favorite teaching.

===== Page 86 =====

Wind 2020-12-14 09:13:12 *"Do it, keep doing it. When you get stuck, use the method's 'what to do' process: let go of the wanting to change the feeling of being stuck. If it is a vague, unclear feeling, then let go of the wanting to change this vague, unclear feeling. After you release it, you can once again attack the feeling of fear of death."*

You all know what to do.

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Then, can you feel the wanting to change towards it?

If you don't know the release process, spend four days learning it.

If you know it, you can use it.

The Sedona Method doesn't have a difference between good and bad foundations.

Don't want to face it, you want to escape it.

Notice this wanting; it's the most superficial. Then you can release.

===== Page 88 =====

Wind 2020-12-14 09:21:17 First, can you feel the resistance?

Shu Xin 2020-12-14 09:21:24 Extremely resistant.

===== Page 89 =====

This method asks you to pay attention to the three basic feelings, which are the three core wants. They drive all emotions and feelings. Being continuous is key.

===== Page 90 =====

Wind 2020-12-14 09:20:14 Actively release it. Yes, try your best to avoid the tendency to analyze principles with your mind. The mind can only tell you what it has experienced so far; it can only replay past experiences.

===== Page 91 =====

Is the current feeling wanting control or wanting approval? Allow yourself to become more aware of it. Then ask yourself: Can I let it go?

===== Page 92 =====

1

===== Page 93 =====

Wind 2020-12-13 00:16:45 Directly release wanting control and approval. Someone calculated today: one day of continuous release equals 6000 years of meditation.

===== Page 94 =====

Wind 2020-12-13 00:13:29 What is it when you can't release? Being stuck. Step five easily solves it. Not obvious is also a kind of stuck. Release the wanting to change the vague/unclear. *"Do it, keep doing it. When you get stuck, use the method's 'what to do' process: let go of the wanting to change the feeling of being stuck. If it is a vague, unclear feeling, then let go of the wanting to change this vague, unclear feeling. After you release it, you can once again attack the feeling of fear of death."*

Reviewing **the way**.

===== Page 95 =====

What causes you pain is just aversion to the world. That is not wanting freedom; that's called aversion to the world. Aversion and attachment are two sides of the same coin.

===== Page 96 =====

Wind 2020-12-13 00:13:05 You need to notice the wanting control itself. Only then can you release.

===== Page 97 =====

Wind 2020-12-12 23:22:36 Notice it, and you will release it immediately. Then look again at that stuck feeling. You might still feel stuck. Then continue releasing wanting control. Release it a few more times, and this stuckness will dissolve.

===== Page 98 =====

Are you using force? Are you trying hard to make it leave? This is wanting control.

===== Page 99 =====

Wind 2020-12-12 23:22:15 Release the wanting control over being stuck.

===== Page 100 =====

Wind 2020-12-12 23:19:24 Yes, not completely released. When you are轻松愉悦 (relaxed and happy), continue releasing, continue to **dig down**. Releasing wants doesn't require the three questions, because the first question releases it, or it's even released before the first question is asked. If you don't release it with the first question, it means you're stuck.

2020-12-12 23:19:35 Being stuck is definitely caused by wanting control.

===== Page 101 =====

Wind 2020-12-12 23:19:17

Release wanting control, and then all the **agflap** developed from wanting control is released. Releasing wanting approval is the same. Releasing wanting security will release the wanting approval and control above it, as well as the **agflap** on top of them.

===== Page 102 =====

Only releasing wants will get you to the finish line within a month. Don't be afraid of getting stuck; face it.

===== Page 103 =====

Wind 2020-12-12 23:16:38 But because the basic wants haven't been released, these emotions are continuously regenerated. Only releasing emotions would take hundreds or thousands of lifetimes to clear one category of emotion. Releasing on the surface is inefficient.

Sui Le 2020-12-12 23:16:44 Yes, I thought getting stuck meant I hadn't released the emotion thoroughly enough.

Wind 2020-12-12 23:16:50

===== Page 104 =====

Wind 2020-12-12 23:16:15 Releasing deeply will definitely cause you to get stuck. It is by facing this stuckness that you can release it, using step five to release the wanting to change it. If you bypass it, it will continue to run you. You might release emotions every day, feel great, go high, and then come back down.

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===== Page 106 =====

Chapter One: Basic Goal and Method of Achievement

Every one of us in this world is searching for exactly the same thing. Past habits, and our... every living being, even animals, are searching for it. However, what is it that we are all constantly seeking? ... a state of happiness without sorrow, a continuous state of happiness not invaded by any sorrow. If this is the common goal, why? Because infinite happiness is our most basic nature. Before we obstruct it with limitations, this is the true natural state. Now, why do most of us not possess this happiness without sorrow? There is only one reason: As infinite beings possessing infinite happiness, we, with joy and happiness, said: I am an individual, separate from all else. To separate myself from all else, I had to create some method to achieve this. The method was: my mind creates my body and the material world. Then I continued, creating more and more thoughts, and these thoughts create more and more material events, until thoughts and matter trap me and I forget my true identity as an infinite being.

Therefore, regarding the method, we need to...

===== Page 107 =====

Wind 2020-11-13 08:31:18 The effect of releasing wants is deeper than just releasing emotions on the surface. You might need a little time to gradually master it, but it won't take too long.

===== Page 108 =====

It will cause the emotions you are attached to to dissipate instantly.

===== Page 109 =====

The feeling of tension from wanting is relatively strong, but the feeling of the control point is not strong; I need to think about it for a moment to feel it.

Wind 2020-11-13 08:25:30

When releasing this kind of habit, be careful not to turn it into suppression. If you only feel the tension, you haven't actually touched your wanting. You continue to be driven by wanting control. So, feel your wanting, and then you can immediately experience the feeling after the wanting is released.

===== Page 110 =====

If you don't allow expression, you might never be able to release it. For example, if you can't sit still, but you force yourself to sit there and release, you might be stuck there all day, struggling with the situation. At this point, if you just allow yourself to stand up and walk around a bit, you might be able to release smoothly.

===== Page 111 =====

Wind 2020-11-10 11:03:49

Yes, when you're not suppressing, you can choose to express or release. Actually, if everyone really practices this, they will discover this point. You might express a little bit and then immediately be able to release.

===== Page 112 =====

But Lester's point is that we have four ways of dealing with emotions. The first, the worst, is **suppression**. The second, slightly better, is **avoidance**. The third, the beginning of release, is **expression**. And what we want to do is the fourth, which is **release**. Because expression is the beginning of release, you will find that if you don't allow it to be expressed, you will continue to suppress it underneath.

===== Page 113 =====

But Lester's point is that we have four ways of dealing with emotions. The first, the worst, is **suppression**. The second, slightly better, is **avoidance**. The third, the beginning of release, is **expression**. And what we want to do is the fourth, which is **release**. Because expression is the beginning of release, you will find that if you don't allow it to be expressed, you will continue to suppress it underneath.

===== Page 114 =====

The individual sense of doership is like carrying luggage on your head while traveling by train.

Visitor: I am a partner in an engineering firm. But my mind is not on it. I try to bring spiritual concepts into the daily work of the company.

Ramana Maharshi: That is good. If you surrender to the Higher Power, then everything is fine. That Power always takes care of your work. Only when you consider yourself the doer do you have to reap the fruits of your actions. On the contrary, if you surrender and acknowledge that your individual self is merely an instrument of the Higher Power, that Power will take care of your affairs and the results of your actions. You are no longer affected by them, and the work will continue unimpeded. Whether you acknowledge the existence of the Power or not, the pattern of things does not change. Only the perspective is different.

Why carry luggage on your head when traveling by train? Whether you put the luggage on your head or on the carriage floor, the train carries both you and the luggage. Continuously carrying the luggage on your head does not lighten the train's load; it only exhausts yourself needlessly. The sense of doership in the world is the same.

===== Page 115 =====

Tian Cheng 17:14:44

X

Miao Gao Feng Shang >

Q: Work takes up my best time and energy, and I often feel too tired to focus on remembering God.

Ramana Maharshi: The feeling "I am working" is the obstacle. Ask "Who is working?" Don't forget "Who am I?" Work will not bind you. It will happen automatically. Don't make any effort to work or to give up work. Your effort is the bondage. What is to happen will happen. If you are destined to not work any longer, you will not find work even if you try hard to find it. If you are destined to work, you will not be able to avoid it. So leave it to the Higher Power. You cannot choose to abandon or retain it.

Q: Does work obstruct the realization of the Self?

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Labor Day Special Issue: Three Teachings from Ramana Maharshi: Work...

===== Page 117 =====

Firstly, the respiratory system naturally becomes long and slow. This is usually an experience after releasing. Then, simultaneously with the mind becoming quiet, the whole body relaxes. Energy flows. As you continue releasing, each release will provide you with abundant energy. The sixth step is that with each release, you become more joyful.

===== Page 118 =====

Fourth limb, **Pranayama** (adjustment of Prana) Fifth limb, **Pratyahara** (sense control) Sixth limb, **Dharana** (concentration) Seventh limb, **Dhyana** (meditation) Eighth limb, **Samadhi** (Savikalpa Samadhi, Nirvikalpa Samadhi)

===== Page 119 =====

First limb, **Yama** (external control) Second limb, **Niyama** (internal control) Third limb, **Asana** (posture, freeing the spine from bodily pressure)

===== Page 120 =====

Helping others realize what he has realized.

===== Page 121 =====

14:10 / 40:36

===== Page 122 =====

But he remained there.

===== Page 123 =====

What would happen if he continued releasing?

===== Page 124 =====

He stopped here, remained here, but never explained why.

===== Page 125 =====

According to Lester, he received an inner instruction.

===== Page 126 =====

He had penetrated to the last limitation within him. (referring to Lester Levenson)

===== Page 127 =====

The most fundamental part is your **No. 1 Program (wanting to survive as a limited body)**.

- Mind is the sum total of your thoughts and feelings.
- Feelings drive all thoughts.
- An emotion encompasses all feelings beneath it.
- Two basic feelings (wanting control and approval) encompass all emotions beneath them.
- All of the above are encompassed by one most basic feeling – wanting to survive (fear of death).
- Therefore, all feelings are "survival programs," and all thoughts revolve around maintaining my existence as a body.

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Wanting freedom

Wind 2020-11-07 18:10:36 Now can you see this wanting control? Has it left?

D 2020-11-07 18:10:40 It left.

===== Page 129 =====

Wind 2020-11-07 18:10:18 Can you let go of the wanting control over it?

D 2020-11-07 18:10:20 Stuck.

Wind 2020-11-07 18:10:25 Do you want to keep controlling this stuckness, entangled with it to the end, or do you want freedom?

D 2020-11-07 18:10:30

===== Page 130 =====

Step one is to become aware of your feeling and recognize whether it is wanting control or wanting approval.

Elephant 2020-10-16 15:31:43 Want control.

Wind 2020-10-16 15:31:49 Step two is to ask if it has left?

Elephant 2020-10-16 15:31:57 No.

Wind 2020-10-16 15:32:16 Yes, if it hasn't left, then see if you want to change it? Then notice this wanting to change and then ask yourself "Has it left?"

Elephant 2020-10-16 15:35:13 So this is release! Got it, I'll continue practicing.

===== Page 131 =====

Elephant 2020-10-16 15:31:10 Constantly noticing?

Wind 2020-10-16 15:31:18 Not constantly noticing.

===== Page 132 =====

Elephant 2020-10-16 15:27:03 I only feel pain in my right hand, not thinking about the chest or abdomen area. I repeatedly think: *I am willing to let go of the desire to control the right hand pain.* I repeat this thought over and over, not sure if it's correct.

Wind 2020-10-16 15:27:47 Don't think like that. This is suppressing emotions.

===== Page 133 =====

Wind 2020-10-16 15:14:49 Do you want to change that painful situation?

Zhan Lue 2020-10-16 15:15:01 @Wind? [Crying]

Wind 2020-10-16 15:17:34 Can you now notice that wanting to change?

===== Page 134 =====

Hong 2020-10-16 14:16:45 @Wind? For example, I have a bad headache. Wanting it not to hurt is wanting control. No matter how many times I release, my head still hurts, and I still want it not to hurt. This wanting control just won't release.

Wind 2020-10-16 14:17:03 Do you need to control this headache situation now?

Hong 2020-10-16 14:17:14 Yes.

Wind 2020-10-16 14:17:25

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It's less, but still there, right?

Yan 2020-10-16 14:12:48 Yes.

Wind 2020-10-16 14:12:57 Allow yourself to just notice it. Has it left?

Yan 2020-10-16 14:13:27 Yes, I want it to go faster.

Wind 2020-10-16 14:13:40 Yes, can you see that you want to control it?

Yan 2020-10-16 14:13:44 Yes.

Wind 2020-10-16 14:14:03 Yes, has this wanting control been released?

Yan 2020-10-16 14:14:14 差不多 (Just about).

===== Page 136 =====

Wind 2020-10-16 14:11:10 Do you want to control this process and make it faster?

Yan 2020-10-16 14:11:20 Yes.

Wind 2020-10-16 14:11:29 Can you notice this wanting control? Just notice it.

Yan 2020-10-16 14:12:06 Yes.

Wind 2020-10-16 14:12:15 Yes, has it left?

Yan 2020-10-16 14:12:26 Seems a bit less.

Wind 2020-10-16 14:12:42

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Sometimes you want to die, sometimes you want to live, sometimes you fear death, sometimes you fear living.

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Wind 2020-10-16 14:10:10 Can you feel the wanting control?

Yan 2020-10-16 14:10:19 Yes.

Wind 2020-10-16 14:10:30 Yes, has it left?

===== Page 139 =====

Wind 2020-10-16 14:07:36

Just allow yourself to notice the current feeling. Ask yourself, is this wanting control or wanting approval? Notice the "want" that you notice most easily.

Then ask yourself "Has it left?" or "Can I let it go?"

Then look again to see if there is any remaining wanting control or wanting approval. Continue to allow yourself to become more aware of it.

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Luo Wanyu 2020-10-16 14:01:26 I can feel it.

Wind 2020-10-16 14:01:41 Yes, relax, just notice it. Allow yourself to become more aware of it. Has it left?

Luo Wanyu 2020-10-16 14:02:34 Yes, seems to have left.

Wind 2020-10-16 14:02:50 There's still some wanting control left, right?

Luo Wanyu 2020-10-16 14:03:02 Yes.

Wind 2020-10-16 14:03:16 Notice it. Has it left?

===== Page 141 =====

Release the wanting control and wanting approval towards the goal. If wanting security surfaces, release that too.

===== Page 142 =====

2020-10-16 16:13:52

Thinking about your financial situation, what is your first feeling? Wanting control or wanting approval?

===== Page 143 =====

Wind 2020-10-16 16:01:03 All thoughts are limiting thoughts. They are all driven by feelings. And all feelings are wanting control and wanting approval. Including this thought of yours.

===== Page 144 =====

2020-10-16 15:58:43 Releasing leads to freedom. After attaining freedom, you can engage in any profession you want, because freedom means freedom. **freedom means freedom**.

===== Page 145 =====

Wind 2020-10-16 15:53:08 Yes, truth can only be experienced; it cannot be conveyed through words and language.

===== Page 146 =====

Wind 2020-10-16 15:51:53 We are infinite existence.

===== Page 147 =====

Look at the current feeling. What does it stir up right now: wanting control or wanting approval? Can you notice it? Can you allow it to be released? Is there more? Can you allow it to be released?

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2020-10-16 15:33:05 Yes. Lester's two passages explain it very clearly.

Lester's early teachings and *A Course in Miracles* are not the same thing. Lester's early teachings are the truth spoken by an enlightened being; theoretically, there's no problem. But *A Course in Miracles* also has theoretical problems. I have studied most spiritual methods. I have also tried them. Some are methods taught by truly enlightened beings, some are not. Generally, I don't deliberately criticize a method. But if someone asks me about authenticity, I won't avoid it. I will directly state my own judgment. Because the issue of authenticity can cause someone to go down the wrong path for a lifetime, maybe more than one lifetime. I will not equivocate for the sake of approval.

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Sophie 2020-10-16 14:33:51 Some left.

===== Page 150 =====

Wind 2020-10-16 14:20:42 Yes, look at your feeling towards it now. Is it wanting control or wanting approval?

Sophie 2020-10-16 14:20:54 Wanting control.

Wind 2020-10-16 14:21:07 Can you notice this wanting control?

Sophie 2020-10-16 14:21:16 Yes.

Wind 2020-10-16 14:21:24 Has it left?

Sophie 2020-10-16 14:21:50 Some left.

Wind 2020-10-16 14:22:18 Yes, is there any remaining wanting control?

Sophie 2020-10-16 14:22:41 I feel a lot of wanting security.

Wind 2020-10-16 14:22:53 Okay, can you notice it?

Sophie 2020-10-16 14:23:10 I noticed it. There's also some wanting approval left.

Wind 2020-10-16 14:23:54

===== Page 151 =====

2020-10-16 10:51:13

The group owner is still conservative. He said *A Course in Miracles* can also reach the destination. I don't think so. People aiming for freedom should abandon *A Course in Miracles* immediately. The Release Method is not the only way to reach the destination, but *A Course in Miracles* is not a way.

===== Page 152 =====

Wind 2020-10-16 10:39:33 I came across the Sedona Release Method a long time ago in 2014. I saw many people teaching it, but I basically didn't speak. At that time, I felt that everyone teaching it publicly had problems, so I left all the groups and started looking for materials myself. I found them, and then I just went off to release on my own. I basically didn't have any contact with people in the spiritual circle. The reason I joined this group was because I was stuck at that time and wanted to exchange experiences with others. But I found that no one seemed to know the original process, so I stopped talking. After a few days, seeing everyone's weird and varied release methods, I couldn't help but translate a few of Lester's audio recordings and then translated part of the 1992 video. Actually, I had shared my method with others before, but they preferred to believe in "teachers." So for the past two years, I haven't successfully shared it with anyone. I only succeeded in sharing it here with the group owner. There are many teachers who even claim to be enlightened, but the methods they teach are completely wrong.

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===== Page 154 =====

1. All feelings culminate in two wants: wanting of approval and wanting of control.
2. Make release constant.
3. If you get stuck, let go of the wanting to change the stuckness.
4. Each time you release, you are happier and lighter. You have more motivation to go free.

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1

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Xiao Cong Ming 2020-10-15 13:11:32

Actually, I have another question, or not a question. Wanting to release approval is wanting control, and then release wanting control/approval. The second wanting is very vague. After releasing it, do I still need to release the first one, if I can't find the feeling of the first one?

Wind 2020-10-15 13:12:17

Keep releasing.

After you release, what is the current feeling? Is it wanting control or wanting approval?

Continue releasing.

===== Page 158 =====

Wind 2020-10-08 11:27:16 Lester's theory: You want to survive as a body, therefore you developed the fear of death. This is the most 底层 (underlying) driver of all emotions. All desires. To ensure survival, you developed wanting approval. To fuel wanting approval, you developed wanting control. All emotions are wanting approval or wanting control. All thoughts are driven by emotions. Therefore, the entire structure of the mind is like this: "Fear of death (wanting to survive) -> wanting approval -> wanting control -> nine emotional states -> specific feelings -> thoughts -> world" Each preceding one drives the one after it. When the 底层 (underlying level) is released, what is driven by it is also released.

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Wind 2020-10-15 12:22:00 Has it left?

Yan 2020-10-15 12:22:21 Is it necessary to release the first two wants first to make it easier to release the wanting to die?

Wind 2020-10-15 12:22:32 Yes.

Yan 2020-10-15 12:22:32 It hasn't left. I like control.

Wind 2020-10-15 12:22:43 Look again, do you still want to control? Just notice it.

Yan 2020-10-15 12:23:07 Still want to, I'm a control freak.

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Wind 2020-10-15 12:20:52 Do you want to change that fear of death?

Yan 2020-10-15 12:21:05 Yes, very much.

Wind 2020-10-15 12:21:32 Can you notice this wanting to change?

Yan 2020-10-15 12:21:42 Yes.

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Yes, allow it to surface.

Rui Lan 2020-10-15 17:35:57 There is still some criticism inside. Why is there so much wanting control?

Wind 2020-10-15 17:36:29 Allow yourself to notice it. Has more of it left?

Rui Lan 2020-10-15 17:36:33 I see a lot of wanting control, constantly wanting control. A little left, because there's so much.

Wind 2020-10-15 17:37:51 Yes, repeat this process.

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Wind 2020-10-15 17:24:57 What do you want to release?

Rui Lan 2020-10-15 17:25:27 Wanting approval, meaning I don't dare to ask others for money.

Wind 2020-10-15 17:25:40 Yes, can you notice this wanting approval?

Rui Lan 2020-10-15 17:25:52 Yes.

Wind 2020-10-15 17:26:07 Has it left?

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Can you notice that you want to control it?

Qi Ji 2020-10-15 16:02:04 I can notice it, and I can also notice that I want to reject my control.

Wind 2020-10-15 16:02:13 Yes, has this wanting control left?

Qi Ji 2020-10-15 16:02:31 No.

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Wind 2020-10-15 16:00:16 Do you now want to control that situation? [Laughter]

Qi Ji 2020-10-15 16:00:33 It's been stuck in my chest. Yes, I want to control.

Wind 2020-10-15 16:00:16 Can you notice that wanting control?

Qi Ji 2020-10-15 16:01:18 Yes, I can. I can feel it blocked up.

Wind 2020-10-15 16:01:39

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6. Each time you release, you become more joyful, lighter, and freer from limitations. As you release, you will become increasingly joyful, lighter, and freer from limitations.

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Six Steps to Freedom

- You must want freedom more than you want the world. (You must want freedom more than you want approval and control. Wanting approval and control = wanting the world.)
- Make the decision for freedom.
- All feelings come from wanting approval and wanting control. They are survival programs. Release them.
- Release continuously.
- When you get stuck, release the wanting to change the feeling of being stuck.

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2020-10-15 10:23:38

It's best not to mix releasing with sitting meditation (formal practice).

Because when you sit in meditation, you carry a wanting to control. You're trying to maintain a posture without moving on one hand, and trying to release on the other. But if you do it consciously and deliberately, you will get stuck there. Because when you do it consciously and deliberately, you are carrying wanting control. If you are passively tied up, as long as you accept the situation and then release, you won't get stuck.

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Carrying resistance (wanting control), you will get stuck. It's that simple. It's all in the Six Steps.

===== Page 169 =====

Wind 2020-10-08 11:03:56 Wanting to change is also a feeling. Feel this wanting to change and let it go. The fear of death is also just a feeling. Lester said this. I'm just repeating it.

===== Page 170 =====

Yitian 2020-10-15 21:31:05 When I can't distinguish between wanting approval and wanting control, can I directly release that "want"? @Wind

Wind 2020-10-15 21:31:57 Yes, then release wanting control. You will be able to distinguish.

===== Page 171 =====

Su 2020-10-15 20:28:11

I want to ask, if I decide I want freedom rather than wanting this world, how should I release? Should I continuously notice desires, or can I still release regarding difficulties in life?

Both are fine.

Difficulties in life are also desires. Just keep releasing continuously. It's possible.

Lester said, at the beginning you have no choice because you are in too much pain, living in pain. So you can only release to get out of pain. But when you release until you feel very good, you need to release for the sake of freedom.

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Shi Dai Wan Wu Hu Lian 2020-10-15 19:21:42 A little left.

Wind 2020-10-15 19:21:52 Yes, can you still notice it?

Shi Dai Wan Wu Hu Lian 2020-10-15 19:22:18 I feel there is some.

Wind 2020-10-15 19:22:48 Continue noticing.

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1

===== Page 174 =====

Wu Xin 2020-10-15 18:08:55 @Wind? When I have no feeling, I ask this when calm. When I have a feeling, I release it. When calm again, I ask this again. This way, I can achieve continuous release, right?

Wind 2020-10-15 18:09:31 When you have a feeling, you can also see if it's wanting approval or wanting control and release like that. When you have no feeling, your wanting to control (change) it is very obvious. Every time you say you have no feeling, there is actually a wanting control present. It's not that there is no feeling, just that there isn't a feeling that you want. You see, problems with the Release Method can be solved through the Six Steps.

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Wind 2020-10-15 12:03:18 Notice this wanting to change.

Chu Xia 2020-10-15 12:03:26 Noticed.

Wind 2020-10-15 12:03:29 Has it left?

Chu Xia 2020-10-15 12:03:33 Left. Thank you??

Wind 2020-10-15 12:03:46 Look, do you still want to change this situation? Allow more of the wanting to change to be noticed.

Chu Xia 2020-10-15 12:03:57 Still there, but much less.

Wind 2020-10-15 12:04:00 You're welcome. Continue the process until you've released it all.

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Wind 2020-10-15 12:00:05 Right now, can you feel this anxiety and worry?

Chu Xia 2020-10-15 12:00:15 I can feel it.

Wind 2020-10-15 12:00:27 Do you want to control?

Chu Xia 2020-10-15 12:00:35 Want to control.

Wind 2020-10-15 12:00:50 Just notice this wanting control.

Chu Xia 2020-10-15 12:01:04 I can notice it.

Wind 2020-10-15 12:01:21 Has it left?

Chu Xia 2020-10-15 12:01:24 A lot left. But still some. Continuing to observe, some more left.

Wind 2020-10-15 12:01:48 Yes, allow yourself to notice more wanting control.

Chu Xia 2020-10-15 12:02:17 There's still a place tightly gripping, unable to let go.

Wind 2020-10-15 12:02:18 Allow it to leave. Do you want to control this place that is tightly gripping? Do you want to change it?

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Process for Releasing Wants

Step 1: Allow yourself to feel the current feeling. Step 2: Notice if it comes from wanting approval or wanting control. Step 3: Can you notice this wanting control (or wanting approval)? Can you let it go? Step 4: Is there any remaining wanting control (or wanting approval)? Can you become more aware of this? Can you let it go? *Repeat noticing and releasing until you are completely free.*

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Wind 2020-10-15 11:57:52 Do you want to continue staying in this feeling, or not?

Zi 2020-10-15 11:58:10 It seems I'm not forcing myself as much. I feel like I've given up on myself [facepalm]. What does it mean to continue staying in this feeling? @Wind?

Wind 2020-10-15 11:58:54 Wanting to maintain this situation is also wanting control. Wanting control has different manifestations. For something you don't like, you want to change it. For something you like, you want to maintain it. **attachment and aversion**.

===== Page 179 =====

Zi 2020-10-15 11:45:09 What about releasing the wanting to feel sleepy and go to sleep? Whenever I start releasing, I want to feel sleepy and go to sleep.

Wind 2020-10-15 11:45:33 Do you want to control that sleepy situation?

Zi 2020-10-15 11:45:42 Yes, because I want to release smoothly.

Wind 2020-10-15 11:46:07 Yes, right now can you notice this wanting control?

Zi 2020-10-15 11:46:17

===== Page 180 =====

Not yet.

Wind 2020-10-15 11:41:34

Look again, is this wanting control still there? Just allow yourself to notice it.

Rong 2020-10-15 11:42:47

I notice it's still there, but much better.

Wind 2020-10-15 11:43:15

Yes, can you allow the remaining wanting control to be noticed? See if it has been released?

Rong 2020-10-15 11:43:36

Allow.

Wind 2020-10-15 11:44:07

Yes, has it left?

Rong 2020-10-15 11:44:08

Yes, much better.

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Look again, do you have more wanting control? Allow it to continue surfacing.

===== Page 182 =====

Wind 2020-10-15 11:26:16 Right now, can you notice this wanting control?

Zi Zai Ren Sheng 2020-10-15 11:26:56 I can't notice it, feeling very calm.

Wind 2020-10-15 11:27:05 Do you want to change this calmness?

Zi Zai Ren Sheng 2020-10-15 11:27:15 Yes.

Wind 2020-10-15 11:27:28 Look at this wanting to change.

===== Page 183 =====

Release the wanting control that it developed, and you can face it directly. It will be released immediately. Release wanting control, and you immediately feel everything is in control (smooth). Release wanting approval, and you can immediately feel love. Release wanting to survive and security, and you can feel safe. Use this to confirm release. This is the sixth step. The Six Steps are everything. Lester Levenson said, **take the six step**. Just implement the Six Steps consistently. Everything needed to reach the destination is in the Six Steps.

===== Page 184 =====

Process for Releasing Emotions

Step 1: Allow yourself to feel the current feeling, and trace it back to an emotional state (apathy, grief, fear, lust, anger, pride).

Step 2: Ask yourself, can I let go of this feeling? Am I willing to? When?

Step 3: See what feeling you have now, and repeat the previous process.

===== Page 185 =====

Me 2020-10-15 11:06:00 @Wind? Yes, I also discovered this when releasing stuckness: it's wanting control that causes the stuck. Actually, I feel that the entire emotional desire structure is stuck, layer upon layer of stuckness piled up, together covering the fear of death.

Wind 2020-10-15 11:07:03 Wanting approval and wanting to survive (fear of death) do not automatically get stuck. They will immediately develop a wanting control to get stuck.

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I don't necessarily have to think about or strive for the things I want to obtain, such as wanting approval, to also have them.

If you don't release that stuckness, and the small tendencies, you let it run you (**let it run you**). The more stuck you are, the more you need to continue releasing.

If you don't release the tendency you use to escape, then you will escape, pressing down whatever deeper thing you are trying to escape from.

Find a guideline that works for you and do it, instead of getting entangled with several guidelines and confusing yourself.

Deeply experience that we live in "wanting" every moment. Releasing a "wanting" motive will terminate related emotions and thoughts, bringing a feeling of deep stillness. Continuously releasing "wanting" will continuously weaken the sense of being the "doer," making life more like an occurrence, scene after scene.

There is nothing outside. The sole component of things is my feelings, and they are all wanting control and wanting approval.

===== Page 187 =====

There is nothing outside. The sole component of things is my feelings, and they are all wanting control and wanting approval.

Infinite energy is being suppressed by me all the time. When I release a desire, a part of it emerges.

I don't need to understand a thing through the mind. Every thought obscures some original "knowing." When I abandon knowledge and mind, I directly know everything.

Release continuously, just release continuously. The path is already clear, the destination is in sight, just keep going.

Implement the Six Steps. When I don't want freedom, remind myself how good freedom is. Make the decision. All obvious and unobvious feelings are wanting control and wanting approval, release them. Every release makes me freer.

I cannot get stuck, because my stuckness is actually wanting to change. This is something that needs to be released. Release cannot get stuck; it cannot passively stop.

===== Page 188 =====

Wind 2020-10-15 10:59:12 Control is the sole component of being stuck. I'm going to record this in my **gain book**. This is an insight I've realized through releasing so far.

===== Page 189 =====

Me 2020-10-14 12:57:13 @Wind? You release wanting control, but what I release is mostly wanting to change. Wanting control appears very little. I feel that wanting control is composed of a whole bunch of wanting to change. What's your view?

Wind 2020-10-14 12:57:40 The course is wanting control. Lester often uses wanting to change when he speaks, but he will say it that way. Wanting to change, wanting to push it away, wanting to grasp it – these are all wanting control. Wanting to change is a type of wanting control. To be more specific, say wanting to change. Sometimes we want to change. Sometimes we want to maintain. This is all **wanting of control**.

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When releasing wants and noticing "wanting," sometimes it pops up that wanting equals lack – is this considered using the mind?

Or must I just notice, just notice that "wanting" and let it go?

Wind 2020-10-14 12:22:02 Do you want to figure this out?

ZOEY 2020-10-14 12:22:52 Yeah, it is. It's wanting control again...

Wind 2020-10-14 12:23:03 Can you now notice that wanting control?

do it

ZOEY 2020-10-14 12:24:05 Yes.

Wind 2020-10-14 12:24:21 Has it left?

ZOEY 2020-10-14 12:24:36 Partly. I'll continue the process.

When I have a question, I go release the wanting to figure it out, wanting control.

Wind 2020-10-14 12:24:40 Look at whether you have more wanting control regarding that question.

===== Page 191 =====

Shi Dai Wan Wu Hu Lian 2020-10-12 13:07:54 Isn't release about wanting to change?

Wind 2020-10-12 13:08:08 Release *is* change, not wanting to change. Control, approval, security – these are good things. Wanting is not. Wanting equals lack.

===== Page 192 =====

2020-10-12 13:00:51 @Wind? For example, my lower back hurts. How do I release? Do I look at the emotion towards the back, then see what want it stirs up, then release?

2020-10-12 13:01:08 Do you want to change it?

2020-10-12 13:01:13 Yes.

2020-10-12 13:01:20 Can you notice it?

2020-10-12 13:01:26 Yes.

2020-10-12 13:01:47 See if it has been released?

2020-10-12 13:02:15 Some. Can I just release the wanting to change like this?

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Hui Xuan 2020-10-12 12:35:20 Can wanting control and wanting approval exist simultaneously?

Wind 2020-10-12 12:37:04 Often yes, because wanting control is actually developed from wanting approval. Notice whichever one is there and release that. For example, right now, wanting control is on the surface for you, so release wanting control. If you want to skip this process, you are actually being run by wanting control, and you will get stuck.

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This tendency of wanting control also needs to be released.

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Process for Releasing Wants

Step 1: Allow yourself to feel the current feeling.

Step 2: Notice if it comes from wanting approval or wanting control.

Step 3: Can you notice this wanting control (or wanting approval)? Can you let it go?

Step 4: Is there any remaining wanting control (or wanting approval)? Can you become more aware of this? Can you let it go? *Repeat noticing and releasing until you are completely free.*

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Fang Fei 2020-10-12 11:20:47 I feel there is a greater power and arrangement, and I need to surrender.

Wind 2020-10-12 11:20:48 It's not like that. You don't need to consider a greater power outside of yourself. The course mentions the other side of wanting control, which is wanting to be controlled. Hoping for something to control oneself. What many people call "surrender" is actually this thing. But this is also wanting control.

===== Page 197 =====

2020-10-12 10:52:12 Is the essence of mind wanting to control? And wanting to understand?

Wind 2020-10-12 10:52:38 The essence of mind revolves around maintaining the survival of a body. For survival, it developed wanting approval and control. Control includes changing, understanding, making things happen the way one wants.

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Fang Fei 2020-10-12 08:34:14

Releasing feelings, I feel a surge of energy go out. Releasing wants also feels like a surge of energy goes out. I always remember what you said about "let the feeling surface and leave," and I've been operating like that [grinning]. Is releasing wants about putting attention on thoughts? Or is it also a deeper level of energy going out? @Wind?

Wind 2020-10-12 08:34:30

It's not thoughts. Wanting is tendency, is intention. Try that process; it's very effective.

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I can try to guide you a bit now. Just follow the instructions, and you might find it very simple.

Z0EY 2020-10-12 08:20:50 Yes, want control.

Wind 2020-10-12 08:20:59 Has it left?

Z0EY 2020-10-12 08:21:14 Partly left.

Wind 2020-10-12 08:21:24 Do you still have wanting control?

Z0EY 2020-10-12 08:21:33 Some.

Wind 2020-10-12 08:21:42 Has some left now?

Z0EY 2020-10-12 08:22:12 Some left.

Wind 2020-10-12 08:22:16 Look again, do you still want to control?

Z0EY 2020-10-12 08:22:32 Still a little.

Wind 2020-10-12 08:22:46 Has it left?

Z0EY 2020-10-12 08:23:20 Yes, continuously leaving, now very little.

Wind 2020-10-12 08:23:36 Yes, continue to see if there is wanting control.

Wind 2020-10-12 08:24:16 Continue this process yourself.

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Wind 2020-10-12 08:18:49 Do you want to control?

Part 2 of 3

===== Page 1 =====

Wind 2020-10-12 08:18:49 Do you want to control?

===== Page 2 =====

Wind: Can you feel if the current desire is to **control** or to **be approved**?

Jidi: Mm, yes.

Wind: Can you just ***be aware*** of it?

Jidi: I allow it, it seems it hasn't left, mm.

Wind: Has it left?

Jidi: Mm, it left a little.

Wind: Look again, is there still a desire to control or be approved?

===== Page 3 =====

Wind 2020-10-12 09:01:11 You are right in the middle of wanting to control. As long as you *relax* and become aware of it, at that moment you immediately have a *tendency to let go*. So you don't even need to ask the subsequent questions. You just see if it has left, and then continue to see if there's any remaining desire to control within yourself. Then become aware of it again, allow it to leave. Continue like this, ***letting it up and go***, that's all.

===== Page 4 =====

Wind 2020-10-12 08:51:11 Do you want to control?

Zhang 2020-10-12 08:51:22 Yes.

Wind 2020-10-12 08:51:35 So you can clearly feel it?

Zhang 2020-10-12 08:51:47 Mm.

Wind 2020-10-12 08:51:57 Has it been **released**?

Zhang 2020-10-12 08:52:08 No.

Wind 2020-10-12 08:52:21 Can you feel that desire to control? Allow yourself to just *watch* this wanting...

===== Page 5 =====

Step Three: See how you feel now, and **repeat the previous process**.

===== Page 6 =====

Wind 2020-10-12 08:32:29 Has this desire to control left?

DMX 2020-10-12 08:32:45 No.

Wind 2020-10-12 08:32:56 Do you still want to control?

DMX 2020-10-12 08:33:28 Yes.

Wind 2020-10-12 08:33:32 Just look at it, has it left? Look again, do you want to *control your feeling*, want to *change* it? Can you be aware of this *wanting*?

DMX 2020-10-12 08:34:51 I can perceive it.

Wind 2020-10-12 08:35:03 Has it been released?

DMX 2020-10-12 08:35:44 Released a little, not completely.

Wind 2020-10-12 08:35:57 Mm, so there's still a desire to control? Can you simply be aware of it? It's very simple.

DMX 2020-10-12 08:36:51 Yes.

Wind 2020-10-12 08:37:03 Be more aware of it. See if it has been released?

DMX 2020-10-12 08:41:42 Released a little, but still not completely released.

Wind 2020-10-12 08:42:03 Continue this **process**, be aware of it. Then, can you let it leave?

===== Page 7 =====

2020-10-12 08:29:59 Can you feel the **desire for approval** right now?

DMX 2020-10-12 08:30:27 Yes.

2020-10-12 08:30:37 Just allow yourself to feel it. Has it left?

DMX 2020-10-12 08:31:10 No.

2020-10-12 08:31:32 Do you want to let it leave?

DMX 2020-10-12 08:31:41 Yes.

2020-10-12 08:31:45 Can you notice that this is a **desire to control**?

DMX 2020-10-12 08:32:25 It is a desire to control.

===== Page 8 =====

2020-10-12 07:57:44 Has it left?

Hong 2020-10-12 07:57:59 No [facepalm].

Wind 2020-10-12 07:58:26 Continue to notice this desire to control. See how you are now. Has more desire to control been *stirred up*?

Hong 2020-10-12 07:59:10 Yes.

Wind 2020-10-12 07:59:32 *Relax*, just watch it.

Hong 2020-10-12 07:59:58 Okay.

Wind 2020-10-12 08:00:03 Has it left?

Hong 2020-10-12 08:00:37 Still no.

===== Page 9 =====

1

===== Page 10 =====

The method is **simple**. The method is also **easy**. Let the feelings come up, **[recognize]** they are a desire for approval or control, and then **let them out**. Carrying out the **six steps** of this method, will take a few months to empty out all your garbage.

Lester

===== Page 11 =====

Lester Levenson has a better summary: "The method is simple, the method is also easy. Let the feelings come up, **[recognize]** they are a desire for approval or control, and then **let them out**. Carrying out the **six steps** of this method, will take a few months to empty out all your garbage."
—
Lester Levenson

===== Page 12 =====

Okay.

Wind 2020-10-23 11:00:28 But *never do it with force*.

Wind 2020-10-23 11:00:40 Resistance and irritability, can certainly be **released**.

Little Smart 2020-10-23 11:00:50 @Wind? Okay, Teacher Wind, thank you, teacher.

===== Page 13 =====

Wind: Mm, can you just allow yourself to be *more aware* of this desire to control? Just *gently* become aware of it.

Sound of Clouds Drifting By 2020-10-23 10:29:58 Yes.

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Sound of Clouds Drifting By 2020-10-23 10:09:07 A little bit. Yes. Chest tight.

Wind 2020-10-23 10:09:48 I will adjust the sentences accordingly.

Sound of Clouds Drifting By 2020-10-23 10:09:52 I tried it myself.

Wind 2020-10-23 10:10:03 Mm, have you had any experience of **releasing**?

Sound of Clouds Drifting By 2020-10-23 10:10:03 Had a little bit of feeling. Not sure if it was a release experience.

Wind 2020-10-23 10:10:59 *Ease, joy, clarity welling up*, accompanied by the feeling of energy leaving. Does release have this kind of feeling?

Sound of Clouds Drifting By 2020-10-23 10:11:07 Had a little, but not very obvious.

Wind 2020-10-23 10:12:07 OK, I understand, let's begin.

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Hong 2020-10-12 07:10:34 Always thinking random thoughts, is that a desire to control?

Wind 2020-10-12 07:35:49 Can you very *directly* perceive what you want? Analysis isn't necessary. Right now, what appears in your awareness is the most obvious one.

Hong 2020-10-12 07:47:37 The most obvious is the struggle with work, feeling unsuited for my job, yet powerless to change.

Wind 2020-10-12 07:47:55 Desire to control. Maintain awareness of it. Can you *directly let it go* and let it leave?

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Wind 2020-10-22 11:18:10 Can you notice your current feeling?

Liu Mouren 2020-10-22 11:18:19 No particular feeling.

Wind 2020-10-22 11:19:55 A *vague and unclear* feeling?

Free Life 2020-10-22 11:19:57 Usually have many thoughts.

Liu Mouren 2020-10-22 11:19:58 Sort of.

Wind 2020-10-22 11:20:06 Do you want to **change** this vague and unclear feeling?

Yitian 2020-10-22 11:20:18 The teacher can only tell you "use the heart, not the brain," or even directly say "use the chest and abdomen," but how exactly to use the heart, use the chest and abdomen to feel, you have to experience for yourself.

Liu Mouren 2020-10-22 11:20:24 Want to change.

Wind 2020-10-22 11:20:29 Can you be aware of this **desire to change**?

Liu Mouren 2020-10-22 11:21:41 No.

Wind 2020-10-22 11:21:46 Do you want to be aware of it?

Liu Mouren 2020-10-22 11:21:49 Yes.

Wind 2020-10-22 11:22:10 Can you be aware of this *wanting*?

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Chloé: Teacher Wind, guide me once please... can you?

Wind 2022-10-22 10:20:31 Can you feel your current feeling?

Chloé· 2022-10-22 10:21:25 Yes.

Wind 2022-10-22 10:21:32 Does it ***stir up*** your desire to control or to be approved?

Chloé· 2022-10-22 10:21:38 Control.

Wind 2022-10-22 10:22:26 Allow yourself to be aware of it.

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Flavor 2020-10-22 09:53:28 @Wind Teacher, hello. I always feel *constrained*, very resistant when others ask me to do things, and want to break free. How should I release this!

Wind 2020-10-22 09:53:28 Can you feel this **resistance** right now?

Flavor 2020-10-22 09:53:28 Yes.

Wind 2020-10-22 09:53:28 Is it a desire to control or a desire to be approved?

Flavor 2020-10-22 09:53:28 Control. Mm, allow yourself to be aware of it.

Wind 2020-10-22 09:53:28 Has it left?

Flavor 2020-10-22 09:53:28 No. A little better.

Wind 2020-10-22 09:53:28 Do you want to change your current feeling?

Flavor 2020-10-22 09:53:28

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Dissolving feelings. The feeling becomes clear, surfaces to conscious awareness, and then **dissolves**.

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1

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Wind: Can you perceive that you want to change it?

Yitian 2020-10-22 12:43:29 A little bit.

Wind 2020-10-22 12:43:41 Mm, allow yourself to be aware of this desire to change it. Has it left?

Yitian 2020-10-22 12:44:07 No. Not sure.

Wind 2020-10-22 12:44:31 Okay, focus again on the issue you want to change. Can you feel your desire to change?

Yitian 2020-10-22 12:44:44 Okay. Yes.

Wind 2020-10-22 12:45:25 Allow yourself to be more aware of this. Has it surfaced?

Yitian 2020-10-22 12:46:12 Not obvious.

Wind 2020-10-22 12:46:30 Continue to notice this *unobvious* feeling. Can you become more aware of this unobvious feeling?

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Wind 2020-10-22 12:42:40 Think of something you want to **change** or improve. Can you recall it?

Yitian 2020-10-22 12:42:58 Yes.

Wind 2020-10-22 12:43:11

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Because **wanting to control = lack of control**. The principle is very simple. So when you want to control the release process, you need to notice it. Then you need to notice *what* you are using to control the release process. For example, you clench your fist. For example, you try hard to figure out what the current feeling is. For example, your body will tightly *hold onto* the emotion. Do you know why you can't release at this time? Because this is a very **strong habit**. There is a lot of emotion behind it, yet you intend to release it *all at once*. If you get **stuck**, notice your desire to control, then *relax* and look at this desire to control, try to release it. You are not releasing all the desires to control, you only need to release the one you see right now. This is my personal experience dealing with being stuck. You release a little bit of the desire to control, and you feel a little smoother. Then you invite more desires to control to be released. Sometimes you will continue releasing this desire to control for one or two hours, finally releasing the strong **inertia** of this "desire-to-control release process." That is when your subsequent releases will become smooth. Because the *program* operating your stuckness has been released. It's that simple.

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Wind 2020-10-22 11:57:49 This is being **stuck**. Notice the feeling of being stuck. Then notice your **desire to change** the stuck feeling. Then become aware of the desire to change. If you don't release the desire to change, it will continue to *operate you*, and you will continue to be stuck.

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Light Dancing Wind 2020-10-22 11:45:42 @Wind? So do we have to *look for* emotions? We have to be aware, right?

Wind 2020-10-22 11:45:56 No need to look. **Awareness is not an effort**. For example, I ask you, what are you feeling right now? You don't need to deliberately perform an action of feeling. If you clearly feel you are angry or sad right now, you will know immediately. If your current feeling is unclear, you will also immediately know that your feeling is vague and unclear. But you often try, through *effort and control*, to make your unclear feeling clear. This is the essence of "looking for feelings."

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Liu Mouren 2020-10-22 11:17:49 Suppressed very severely, how should I release? Release the suppression?

Wind 2020-10-22 11:18:05 Can you notice your current feeling?

Liu Mouren 2020-10-22 11:18:25 No particular feeling.

Wind 2020-10-22 11:19:17 A *vague and unclear* feeling?

Liu Mouren 2020-10-22 11:20:10 Sort of.

Wind 2020-10-22 11:20:10 Do you want to **change** this vague and unclear feeling?

Liu Mouren 2020-10-22 11:20:26 Want to change.

Wind 2020-10-22 11:20:41 Can you be aware of this **desire to change**?

Liu Mouren 2020-10-22 11:21:21 No.

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Wind: Desire to change.

Wind 2020-10-22 10:45:16 Just be aware of this desire to change. *Gently* be aware of the desire to change.

Clear Stream 2020-10-22 10:45:26 Feels like resisting powerlessness to change. Mm, feeling a bit more relaxed.

Wind 2020-10-22 10:46:12 Has the desire to change left?

Clear Stream 2020-10-22 10:46:19 Yes.

Wind 2020-10-22 10:48:48 Mm, be aware of the desire to change.

Clear Stream 2020-10-22 10:48:59 Mm.

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Wind 2020-10-22 10:39:36 Can you feel your feeling now?

Clear Stream 2020-10-22 10:39:48 Yes. Resistance, disgust, forced reluctance.

Wind 2020-10-22 10:40:31 Feel this resistance for a while. Just *feel it directly*.

Clear Stream 2020-10-22 10:40:44 Okay.

Wind 2020-10-22 10:40:58 Can you let it leave?

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Miracle 2020-10-22 10:32:54 Some left.

Wind 2020-10-22 10:33:19 Mm, continue doing this.

Miracle 2020-10-22 10:33:27 Okay.

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Wind 2020-10-08 10:42:16 Of course it will be like this, you bring a lot of **resistance** into it. You want to **control** it. If you particularly want to control what happens during release, you will get **stuck**.

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Hui Zhi Lan Xin: Part of it left, another wave emerges.

Wind: Mm, do you want to control them?

Hui Zhi Lan Xin 2020-10-21 11:04:34 Just now, without prompting, there was a desire.

Wind 2020-10-21 11:05:24 Has it left?

Hui Zhi Lan Xin 2020-10-21 11:06:02 Now it's continuously leaving. The throat feels swollen and tight. Is that being stuck? Or is it normal?

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Wind: Can you feel this resistance?

Hui Zhi Lan Xin 2020-10-21 10:59:44 Yes.

Wind 2020-10-21 11:00:05 Desire to control or desire to be approved?

Hui Zhi Lan Xin 2020-10-21 11:00:35 Both.

Wind 2020-10-21 11:00:52 Which one can you feel more clearly?

Hui Zhi Lan Xin 2020-10-21 11:01:18 Control.

Wind 2020-10-21 11:01:45 Can you let it leave?

Hui Zhi Lan Xin 2020-10-21 11:01:59 Yes.

Wind 2020-10-21 11:02:11 Mm, has it left?

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Sophie 2020-10-21 10:54:04 Want to become better.

Wind 2020-10-21 10:54:22 Can you let it leave?

Sophie 2020-10-21 10:54:29 Yes.

Wind 2020-10-21 10:55:00 Has it left?

Sophie 2020-10-21 10:55:09 Left.

Wind 2020-10-21 10:55:32 Did you become more *joyful*?

Sophie 2020-10-21 10:55:40 Yes.

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Left.

===== Page 36 =====

When you release a long-term habit, the example Lester gives is smoking. He first has the student ***accept*** to smoke. Accept smoking. That is, smoking is OK. Why? Lester explained later, because if you think smoking is wrong, you can't even begin to think about releasing it. So accepting it before releasing is indeed something Lester himself said. But it's not about using acceptance to replace release. It's about, after accepting it, *facing it*, and then **releasing**.

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Wind: Become aware of more. Has it left?

Qian 2020-10-20 11:50:39 It's leaving.

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Wind: Can you perceive your desire to change?

Qian 2020-10-20 11:48:45 Mm!

Wind 2020-10-20 11:48:51

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Wind 2020-10-20 11:45:12 @Qian? When you think about money issues, what feeling do you have?

Qian 2020-10-20 11:45:36 Wanting to survive.

Wind 2020-10-20 11:45:54 Can you let the desire to survive leave? Or is it **stuck**?

Qian 2020-10-20 11:46:16 Mm, seems still stuck.

Wind 2020-10-20 11:46:32 Do you want to **change** this stuckness?

Qian 2020-10-20 11:46:45 Yes.

Wind 2020-10-20 11:47:21 Has the desire to change left?

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Qian 2020-10-20 11:39:29 Yes.

Wind 2020-10-20 11:39:49 Can you simply notice this *wanting*? This is a **desire to control**.

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Miao: Current feeling is fear, wanting to survive.

Wind 2020-10-20 11:34:42 Can you perceive it?

Miao 2020-10-20 11:34:53 Yes, but I don't really want to continue. Is continuing to control also control?

Wind 2020-10-20 11:35:39 You don't want to see it.

Wind 2020-10-20 11:35:45 You **resist** it.

Miao 2020-10-20 11:35:56 Mm.

Wind 2020-10-20 11:36:07 Can you notice this desire to control?

Miao 2020-10-20 11:36:16 Yes.

Wind 2020-10-20 11:36:27 Has it left?

Miao 2020-10-20 11:36:50 Mm.

Wind 2020-10-20 11:37:06 Do you feel more *joyful*?

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Qian: Feel afraid.

Wind 2020-10-20 11:33:35 Be aware of whatever you can perceive right now.

Qian 2020-10-20 11:33:41 Want to look but also don't want to look.

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Allow yourself to be *more aware* of the feeling in your body.

===== Page 44 =====

Wind 2020-10-12 00:23:07 This issue is like this: recognition and control are the world. Having strong attachment and aversion to the world, it happens every moment, I am in these wants like a fish in water. But if you decide to release continuously, letting go of one as it comes, very quickly you will find yourself in this ocean of desires. If you release continuously for a few days,

you will become very, very **peaceful**. Beneath this peace, many strong desires will surface very clearly and be perceived, and then just be released in an instant. **Release becomes the norm** because you discover that suppressing it underneath is *unnatural*, always unconsciously holding it down. And this is a deeply ingrained, **powerful habit**. When you have released enough of the desire to control, this habit loses its power, and you increasingly tend to release naturally. Release reaches a point where, for a moment, you suddenly feel that the body is not me; it's just action, but there is no self operating within it. But this identification with the body returns immediately. At the same time, I perceive that as a desire to control, and this desire to control is released. For the subsequent experience, my intuition tells me it's not suitable to speak about. I'll continue releasing.

===== Page 45 =====

Wind 2020-10-20 11:10:34 @Miracle? What is your current feeling?

Miracle 2020-10-20 11:11:22 Blocked feeling. Strongly rejecting myself.

Wind 2020-10-20 11:12:49 @Miracle? Do you want to control this situation?

Miracle 2020-10-20 11:13:06 Mm yes. That feeling of resistance is very strong.

===== Page 46 =====

Wind: Just be aware of this desire for approval.

Xiu Yuan 2020-10-20 11:04:03 Mm.

Wind 2020-10-20 11:04:19 Has it left?

Xiu Yuan 2020-10-20 11:04:36 Left a bit.

Wind 2020-10-20 11:04:49 Is there more?

Xiu Yuan 2020-10-20 11:05:05 There are some other feelings.

Wind 2020-10-20 11:05:23 Can you perceive them?

Xiu Yuan 2020-10-20 11:05:30 Yes.

Wind 2020-10-20 11:05:42 Have they left?

Xiu Yuan 2020-10-20 11:05:52 Left.

Wind 2020-10-20 11:06:08 Did you become a bit more *joyful*?

Xiu Yuan 2020-10-20 11:06:20 Yes, smiled.

===== Page 47 =====

Xiu Yuan 2020-10-20 11:01:45 Calm. Peace of mind.

Wind 2020-10-20 11:02:24 Calm and peace of mind are your current feelings.

Xiu Yuan 2020-10-20 11:02:32 Yes.

Wind 2020-10-20 11:02:35 Do you still have things you want?

Xiu Yuan 2020-10-20 11:02:42 Yes. Debt situation. Want to pay it off.

Wind 2020-10-20 11:03:15 Mm, can you perceive whether this desired thing stems from a desire to control or a desire to be approved?

Xiu Yuan 2020-10-20 11:03:27 Approval.

Wind 2020-10-20 11:03:51

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Wind 2020-10-20 10:58:07 @Xiu Yuan? What is your current feeling?

Xiu Yuan 2020-10-20 10:58:28 @Wind? Calm, thank you.

Wind 2020-10-20 10:58:54 Mm, do you feel very, very joyful, or is it a kind of calm with dissatisfaction?

Xiu Yuan 2020-10-20 10:59:43 @Wind? Probably with a tiny bit of something I can't quite describe.

Wind 2020-10-20 10:59:59 Mm, do you want to make the feeling better?

Xiu Yuan 2020-10-20 11:00:50 @Wind? It feels okay, somewhat experiencing this feeling brought on by encountering things.

===== Page 49 =====

Wind 2020-10-20 10:44:28 This is an *unobvious* feeling. Look at this unobvious feeling. Do you hope to **change** it, make it more joyful?

An 2020-10-20 10:45:34 Haven't thought about it, only thought about it when you mentioned it [facepalm].

Wind 2020-10-20 10:45:45 Because I helped pull it out for you. Something *subconscious*. Can you just be aware of this desire to change?

===== Page 50 =====

But still don't feel very *joyful*, right?

===== Page 51 =====

Focus on the issue you just had, do you want to control or be approved?

===== Page 52 =====

Wind: What is your current feeling? Is it clear?

An 2020-10-20 10:18:00 Nervous, clear @Wind.

===== Page 53 =====

It was only in the last two days that I understood what **continuous release** means. Basically, each release brings a very abundant release of energy.

===== Page 54 =====

Process for Releasing Emotions

Step One: Allow yourself to feel the current feeling, and trace it back to an emotional state (Apathy, Grief, Fear, Lust, Anger, Pride/Indifference – AGFLAP CAP states).

Step Two: Ask yourself, can I **let this feeling go**? Am I *willing* to? *When*?

===== Page 55 =====

Wind: What is your current feeling?

Sui Yue 2020-09-19 11:26:23 Still throat blockage.

Wind 2020-09-19 11:27:09 What is the *emotional* feeling? Throat blockage is a physical sensation.

Sui Yue 2020-09-19 11:27:51 No emotion, just blockage, ears ringing.

Wind 2020-09-19 11:28:09 This is where the problem lies. You say "no emotion," actually you are *not facing it directly*.

===== Page 56 =====

Wind: Feel it, what is your current feeling?

Sui Yue 2020-09-19 11:15:02 I have experienced decades of suppression, a feeling of gloom. Now I still have a throat blockage feeling, not very relaxed.

Wind 2020-09-19 11:15:20

===== Page 57 =====

Firmly believe you can reach inner peace by using the Release Method. **Categorize all your feelings into these three wants: want of approval, want of control and want of safety/security.** Discover and release anytime, anywhere. **Make releasing a habit.** Even if you encounter a bottleneck, **release the desire to control the bottleneck**. Every time you release, you will feel *lighter and more joyful*. If you keep releasing, you will *continuously* feel lighter and more joyful.

===== Page 58 =====

Abundance Book Version - Six Steps

1. You want to attain inner peace, let this "want" **far outweigh** your want of approval, control, and safety/security.

===== Page 59 =====

Notice the emotion of anger. Then use the **three questions** on it. If you continue doing this and feel more and more **stuck**, use the **fifth step** of the six steps. See if you want to **change** this stuck feeling. Then ask yourself if you can let this desire to change leave. Check out the 1992 Release Method course to learn how to use the chart. Sedona Method 1992 Teaching Video 1 If you are a beginner, watch this first.

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1. Allow your desire for **imperturbability** or **freedom** to exceed your want of approval, want of control, want of safety/security, and want of separation.
2. Affirm that you can gain freedom, reach a state of imperturbability, or achieve your goals through **releasing**.

3. Allow yourself to examine all your feelings, **categorize** them into the four basic wants: want of approval, want of control, want of safety/security, and want of separation, and then allow yourself to **let them go**.
4. Make releasing a **regular practice**, always releasing the four basic wants, whether in public or alone.
5. If you truly get stuck somewhere, **release the desire to control or change** this stuck situation.
6. Every time you release, you become *happier, lighter, and more effective*. If you keep releasing, you will become *progressively* happier, lighter, and more effective.

===== Page 61 =====

Wind 2020-10-01 20:31:34 What is the emotion feeling like? *Identify* it. You can use the chart for assistance.

===== Page 62 =====

Step One: You must want **freedom** more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world)

Step Two: Make the **decision** for freedom.

Step Three: All feelings come from the want of control and want of approval. They are survival programs. **Release them.**

Step Four: Release continuously.

Step Five: When you are **stuck**, release the **desire to change** the stuck feeling.

Step Six: Every time you release, you are *more joyful, lighter, and freer from limitations*. As you release, you become *progressively* more joyful, lighter, and freer from limitations.

===== Page 63 =====

Step One: You must want **imperturbability** more than you want approval and control.

Step Two: Decide you can do this method to reach imperturbability.

Step Three: See that all emotions stem from two wants, want of approval and want of control. **Immediately see and immediately release** the want of approval and control.

Step Four: Make it a **constant practice**. Release all your wants of approval and control whether alone or in front of others.

Step Five: If you are **stuck**, let go of your **desire to control** this stuckness.

Step Six: Every time you use this method, you will feel *lighter and happier*. If you keep using this method, you will *continuously* feel lighter and happier.

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Step Six: Every time you release, you are *more joyful, lighter, freer from limitations*. As you release, you become *progressively* more joyful, lighter, freer from limitations.

===== Page 65 =====

Step One: You must want **freedom** more than you want the world. (You must want freedom more than you want approval and control. Approval and control = the world)

Step Two: Make the **decision** for freedom.

Step Three: All feelings come from the want of control and want of approval. They are survival programs. **Release them.**

Step Four: Release continuously.

Step Five: When you are **stuck**, release the **desire to change** the stuck feeling.

===== Page 66 =====

Me 2020-09-28 13:17:23 @Wind? Does the original text say "want of control" or "want of change"?

Wind 2020-09-28 13:17:41 Which step are you referring to? Step five is **want of change**. Step three is **want of control**. Control. **Want of change is a type of want of control.** It's not that there's a want of change separate from want of control. Step two emphasizes **decision**, decision.

===== Page 67 =====

If it's a feeling you particularly dislike, that makes you uncomfortable, then you definitely have a **desire to change** it. If it's a **vague feeling**, then you definitely want to figure it out. Lester talked about facing vague feelings, **releasing the desire to change**, the desire to figure out.

===== Page 68 =====

Today I finally understood the process of Lester Levenson creating the Release Method. He invented this release process in 1975. Then a student of his heard that he had his own method

and immediately ran over to learn it. Before that, he had tried many teaching methods, attempting to get people to reach his state. Those are the processes recorded in *The Ultimate Freedom Path*. And those were unsuccessful experiences because very few people made progress. The main attempts were meditation, meditating with questions, and a series of other methods. Until 1975, he discovered that just doing one **"release"** could equal months of meditation results. So he shared this method with his followers. From then on, the **Release Method** was established. So I'll share the content of this material. Don't think of meditation as "advanced" anymore. **Meditation is lowering the level.**

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2020-09-27 23:33:22

===== Page 70 =====

I respect your view of The Sedona Method, you seem sincere. I have been working on it for over 5 years now, during which I used Cranes for about 10 months, then Dwoskins for a year, and finally I used Seretan's program for two years, then I went back to Crane until about 2 months ago. (Crane and Seretan wrongly claim to teach the original method exactly as Lester taught it.) Over the past 5 years, I have made steady progress with this method, but very slowly. I kept wondering how Lester got free in **3 months**. Recently, I got very frustrated and bought two Lester CDs, one from an album of his from the early 1980's, and another is an interview about how he got free when he was in his New York apartment. I listened to these for hours, and a major theme Lester gave me was the **simplicity and speed** of his program... He said "at most a few months to get free." I committed to doing **exactly as he taught**, just as he was when he was free in his New York loft. So I did two months of work, and I failed to release (using Crane's method). I did Lester's instructions as he gave them, and I **released within minutes**. If I had known, I could have done this in 6-9 months instead of wasting time on the ways Crane, Dwoskin, and Seretan teach it. I see many complaints about how this method gets stuck and sputters. I realize they **teach it wrong**; essentially they changed the way it should be taught. It's shameful, and it's to get as much money as possible. How many people could be healed if they just used the correct way? IMHO, Lester never got into these multiple release methods - it's just confusing.

===== Page 71 =====

Hui Xuan 2020-09-25 17:19:30 Isn't the "Four Foundations of Mindfulness" about feeling emotions, allowing emotions to surface?

Wind 2020-09-25 17:19:59 The Four Foundations of Mindfulness is about observing, analyzing, mind, matter, phenomena. This is a very **different path**. This requires the concentration of "momentary concentration," which is very different from the Release Method.

===== Page 72 =====

Advanced Method Directly release the two major wants. Including the desire to change the current stuckness. But this must be done on the basis of *familiarity* with releasing. Otherwise, it's just random thinking in the mind. If you can perceive the desire to change, it will be easier to release.

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The chart has many uses. If you can't perceive emotions, you can look at the chart for assistance. This is one use mentioned in the course. Or if you feel several kinds and can't be sure, then first release the *surface* one. If you feel your feeling is particularly *vague and unclear*, then this feeling is "vague and unclear." Directly trace it back to **apathy**.

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Actually, this **desire to change** is you tightly pressing those emotions down. The suppressed emotions themselves *want to leave*. You let go of this topmost "desire to change," the ones below will *naturally surface*. You release, and it will continuously surface, like **waves**.

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That **"vague feeling"** in it gave me a great insight. That is, if you feel an *unclear* feeling, don't try to make it clear. Instead, see your **desire to change** this vague and unclear feeling, then release the desire to change. This *trick* helped me a lot. Only release the stuck feeling, or even the vague feeling, you might not even be able to see it, because you're trying to escape it, or at least wanting to change this vague and unclear feeling - whatever it is. His tone of voice emphasized this sentence: *only only release the stuck feeling or even the vague feeling.*

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For example, if you can't find the emotion, you're just **stuck** there. When you're stuck, you will want to *stir it up*. That is, you think the current emotion isn't an emotion. You want to **change** this feeling, which is why you want to stir it up. But Lester's meaning is, just **release the feeling of being stuck** there. Release continuously. Because stirring it up is like taking a *detour*. It's like you're bypassing the feeling that is currently blocking your way.

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Contact the feeling, then *consciously* let it leave. In the specific method of the Release Method, it is not recommended to use thoughts to trace back because it might make you imagine in your mind. The pros/cons exercise exists. But Lester called it an **elementary way**. The elementary school way of releasing. You like this, you don't like that.

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That is, do you feel this feeling is too *vague and unclear*? Do you want to **change** it? Release the desire to change it, and this vague and unclear feeling will **immediately become clear**.

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Tencent Translator

Hi Sanford. The foundation of both Larry Crane's and Hale Dwoskin's approach...

Hi Sanford. The foundation of both Larry's and Hale's approaches is **Lester's teachings**. They are built on the same basic process of **letting go** and the sense of self-limitation, which is based on our misunderstanding of lack. Their difference is that Larry's approach focuses purely on **letting go to reveal freedom**, while Hale's opens up the teachings, acknowledging that our already existing infinite reality can be known in this moment, without needing any technique. However, Hale's method fully includes the same letting go process as Larry's. But Hale also adds simply broadening the path to **pure inquiry**, which can reveal our deepest nature, even observing these words. Here it comes. I hope this helps you. I send you greetings, David

Key Vocabulary Interpretation>

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2020-09-23 09:33:57

The reason this question arises is because many people **stagnate** here. **Stuck**, stagnant. Any feeling that stops you is a **stuck feeling**. It's not that there's a special feeling called "stuck." This point is quite important.

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A feeling of **gripping**. The feeling seems *stuck on*, not leaving. Or subconsciously wanting to *escape*, afraid to touch it.

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You ask "Can I perceive the desire to control?" Then you look at the desire to control, and you basically tend directly to let it go. Then you can look again at that situation to see if you have a desire to control, and then allow yourself to perceive it again. Ask yourself "Can I let it go?" Look again to see if there's **more**.

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These four paths are: the **rational**, which is the mental path; the **scientific**, which is the specific methodological path; the **emotional**, which is the path of love and devotion; and the **active**, which is the path of practicing selfless service to humanity.

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Will go do other things.

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It's just looking at the goal, an emotion surfaces, **release it**. Look at the goal again, has it reached the "already achieved" state? If not, then it must be want of control and want of approval (emotionally, feelings of powerlessness, lust, anger, fear, etc.)

Release the topmost feeling. **One by one.** **Until completely emptied.** From my personal experience, continuing like this, you will reach a state of "I am very confident the goal can succeed." But this state won't do; this state still needs releasing. This should be around the level of pride and fearlessness. I have tested the goal process many times. Generally speaking, beneath this "I believe it will definitely succeed" feeling, there are still many *subconscious* emotions. After releasing, quite a bit more will emerge. What is the feeling of a truly **completely released** goal like? It's that moment of **"knowing"** (without thinking, without believing) that the goal is already mine, very clear. As if it's right in front of me. At that time, you won't want to do anything to get it, because you are completely sure it's already yours. At that time, I generally won't think about it anymore.

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Wind 2020-09-20 17:58:32 Can you allow yourself to feel the **fear** for a while?

Group Friend 2020-09-20 17:58:35 Heavy. Probably can.

Wind 2020-09-20 17:59:09 Can you let it go?

Group Friend 2020-09-20 17:59:35 Yes.

Wind 2020-09-20 17:59:41 Are you *willing*?

Group Friend 2020-09-20 17:59:51 Yes.

Wind 2020-09-20 17:59:59 *When*?

Group Friend 2020-09-20 18:00:08 Don't know.

Wind 2020-09-20 18:00:16 What do you feel now? Do you feel like some was released? Or is it still *stuck* there, unmoving?

Group Friend 2020-09-20 18:01:31 Can't say clearly. Feels like heaviness and grief.

===== Page 90 =====

Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control

===== Page 91 =====

Wind 2020-09-11 14:00:08 Venting doesn't count as releasing, right? Suppression, escape, expression, release. **Venting is expression, not release.**

===== Page 92 =====

Wind 2020-09-11 08:25:06 But isn't this easy to fall into wanting to control? From my personal experience, as long as I am **overly conscious**, I get stuck. Later, someone told me it's because I overly focused on body energy; I should be aware of the **emotion itself**. But this is too subtle. A slight lack of attention and you're suppressing it again. Is it necessary to categorize emotions into one of the nine emotions?

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Original Sedona Release Method >

Wind 2020-10-12 09:20:17

Learning from release cases is the easiest method. To learn how the process operates, the best way is to experience it yourself, see how others operate, follow along yourself, or have someone guide you. You'll learn quickly. So you'll see that the Sedona Institute teaches very little theory,

and the practical part is entirely example-based guidance. The entire eight videos are constantly showing you how others release.

One term is emphasized: ***stir up***. This is a guidance frequently used in later videos. What is the current feeling? What desire does it *stir up* (arouse)? Because previously using "what desire does it come from" might make people subconsciously use their minds to analyze the cause. So this point can be emphasized; you can use "stir up," see your current feeling, see if it stirs up your desire to control, or desire to be approved, or desire for safety.

Group member **"Jidi":** I feel I still don't know how to release. How do I allow the desire to leave? If I allow it to leave, will it definitely leave?

"Wind": Mm, it itself *wants to push itself out*. You just need to **let go of the force of suppression**.

"Jidi": I understand, but I don't know how to do it myself.

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Carry out these three things and you will quickly reach imperturbability.

1. **Release only these three wants.**
2. **Make it continuous and release immediately.** Allow the want of approval, want of control and want of security to come into your awareness and **immediately let it go**.
3. **Make it a Do It Yourself tool.**

You now have everything you need to go all the way to **imperturbability**.

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Tian Cheng 07:17:49

Wind (Wind) That's not this individual's responsibility. There will be an Avatar to take on the image of public teacher.

True Love You will also merge directly into the Infinite like Lester?

Wind (Wind) I will.

True Love Why not become a great master who universally saves all beings, like Buddha and Jesus?

Wind (Wind) This is spoken by your current **sense of self**.

Wind (Wind) When you eliminate the sense of self, you will see the complete plan.

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Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control

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Goals and Success

Continuously release feelings about success and failure until you feel completely more able to succeed in your life.

Goal:

For Goal Success What is my current feeling? Completely released?* Do I feel good now?*
For Goal Failure What is my current feeling? Completely released?* Do I feel good now?*

What is my current feeling? Completely released?* Do I feel good now?* What is my current feeling? Completely released?* Do I feel good now?*

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All That Is
Allow all Beings - One - One - One - One - One - One - One - One - One - One -
All is Me, I am All / Backdrop of Reality

===== Page 99 =====

[Labor Day Special] Ramana Maharshi Three Pieces: Work...

===== Page 100 =====

I don't have to think or strive on those things I want to obtain, like wanting approval, to also have it.

If you don't release that stuckness, and the small tendencies, you **let it run you**. The more stuck, the more you must **continue to release**.

If you don't release the tendencies you use to *escape*, then you will escape, pressing the deeper things you want to escape from further down.

Find the guidance that works for you, and **do it**, rather than getting stuck in confusion by dwelling on several guidances.

Deeply experiencing that we live in **"wanting"** every moment. Releasing one motive of "wanting" terminates related emotions and thoughts, feeling a profound **stillness**. Continuously releasing "wanting" constantly weakens the awareness as the **"doer,"** making life more like a "happening" scene after scene.

There is **nothing out there**. The only component of things is my feeling, and they are all wants of control and wants of approval.

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There is **nothing out there**. The only component of things is my feeling, and they are all wants of control and wants of approval.

Infinite energy is constantly being suppressed by me. When I release a desire, a part of it emerges.

I don't need to understand a thing through the mind. Every thought obscures some inherent **"knowing."** When I discard knowledge and mind, I directly know everything.

Release continuously, just release continuously. The path is already clear, the destination is in sight, just keep going.

Implement the six steps. When I don't want freedom, remind myself how good freedom is. Make a **decision**. All obvious and unobvious feelings are wants of control and wants of approval, **release them**. Every release makes me *freer*.

I cannot possibly be **stuck**, because my stuckness is actually a **desire to change**. This is something that needs releasing. Release cannot be stuck; it cannot passively stop.

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Emotion Chart: Imperturbability, Want of Safety/Security/Wanting to Survive, Want of Approval, Want of Control

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October 30, 2020

Wind The peak is **imperturbability**, absolute stillness that cannot be disturbed by anything.

Wind 7:47 PM It is **freedom**.

Wind 7:48 PM It is **omniscience, omnipotence, omnipresence**.

Wind 7:48 PM It is **infinite existence**.

Wind 7:48 PM As long as you are not omniscient, not omnipotent, not omnipresent, you haven't reached the peak.

Wind 8:19 PM Omniscient, omnipotent, omnipresent.

Wind 8:19 PM This is **enlightenment**.

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Tian Cheng: Samadhi, what does it actually mean?

Wind 11:58:50 Samadhi is the state of **oneness with the Infinite**.

Wind 11:59:01 Even if you **glimpse** it once, you have entered samadhi.

Wind 11:59:17 But before it, there are the preliminary concentration states and many levels of meditation.

Tian Cheng 11:59:29 So, entering samadhi means you can know everything?

Wind 11:59:43 Many people mistake some very *shallow* experiences for samadhi.

Tian Cheng 11:59:47 All knowledge? Regardless of anything?

Wind 11:59:58 At the moment of entering samadhi, you are **omniscient**.

Wind 12:00:07 It's just that when you fall out, you *forget*.

Wind 12:00:31 But if it's **Nirvikalpa Samadhi**, you never lose it, and you never come out of it.

Tian Cheng 12:00:56 Mm.

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Wind 6:35 PM When that **lack** is released, from the cause, truly everything ends.

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Wind 6:32 PM But what is the **cause**?

Wind 6:33 PM The cause really is just the **basic wants** we often talk about.

Bing Zi 6:33 PM Mind program.

Mini 6:33 PM The **three major wants**.

Wind 6:34 PM You created a kind of **lack**.

Wind 6:34 PM That lack was not immediately filled.

Wind 6:35 PM So it developed everything that followed.

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Wind 6:30 PM For example, why is our material world so **stagnant**?

Wind Because **creation was delayed**.

Wind 6:30 PM Because you were unable to recognize that **mind is the cause**, so you imagined all those causal connections.

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But the cause, slightly delayed in finding the object to satisfy it, first produces a body composed entirely of **light**. This body is produced precisely when, having the desire, you *visualize* it. This process is almost simultaneous with the occurrence of your thoughts. Next come up and down, front and back, pairs of thoughts one after another. Those continuously developing thoughts accumulate, feelings go from *light to heavy*. Heavy feelings accumulate a series of connections, relationships, intricate cause and effect. From this blueprint of the light body image, it constitutes the physical body I now identify with.

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October 22, 2020

Wind For a moment, I became aware of **all the thoughts in the universe**.

Wind Hard to describe.

Wind The most important part was that I became aware of the **three bodies**.

Wind I saw that when we release desires, that **"causal" body** is changing.

Wind Let me explain this experience.

Wind The initial body is when your desire arises, it immediately creates a cause, and you identify with that body.

Wind Mm, I immediately found the corresponding knowledge in what Lester said, that is the **causal body**.

===== Page 110 =====

March 17, 2021

Wind Even if you hold onto the works of certified masters like Lester, Yogananda, and read them, as long as you **deviate from the six steps**, you still cannot be free.

Wind I am giving a simplified answer: **implement the six steps**, walk towards the destination.

Wind If in the future someone or some high being appears before you, claiming to be free, what do you care about him for?

Wind You have the **six steps**.

Wind Even if he is a master, you don't need him.

Wind Continue using the Release Method until you reach the destination.

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Wind: If it's *unclear*, then **feel the unclearness**.

Wind 11:29:19 And notice your **desire to change** the unclearness.

Wind 11:29:29 **Release it**, and it will automatically become clear.

Wind 11:30:07 Do not try to use *extra techniques* outside the process to deal with problems encountered in the process.

Wind 11:30:18 The **release process itself** can handle all situations.

Wind 11:30:49 Including "can't feel emotions," including "vague and unclear," including "stuck," including "confusion."

Wind 11:31:06 These can all be resolved after going through the release process.

Wind 11:31:17 No prerequisite exercises are needed.

Wind 11:31:20 Just **practice the process itself**.

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Wind 11:26:41 Because if you **strive** to find a feeling there, that is **wanting to control**.

Wind 11:26:48 If you want to control, you won't get control.

Wind 11:26:52 It's that simple.

Wind 11:28:19 So, very simply, when you are heavily suppressed, you **feel this vague and unclear feeling**.

Wind 11:28:29 **Release your desire to change** this vague and unclear feeling.

Wind 11:28:49 When the desire to change is released, you will be able to feel your current feeling **more clearly**.

Wind 11:29:03 This really doesn't require *effort* to feel.

===== Page 113 =====

Continuous release doesn't mean you maintain a concept of continuous release. **Continuous release means you do one release, experience inner liberation, and then release again.** This rhythm is entirely up to you. After releasing the want of approval for one thing, you can ask yourself **"Is there more?"** to continue releasing. You can also feel the current feeling and ask yourself **"Is it a want of control or a want of approval?"** to continue releasing. Of course, if you find you want to *hold onto* the feeling, don't want to release, you can also ask yourself **"Is this wanting to control?"** to continue releasing. If, at this time, you want to do something else, then you can of course also choose to release on that thing. Feel it, what do I want to gain through that thing? Is it a want of control or a want of approval? Or is it a want of safety/security? These are all ways for you to **continue releasing**.

===== Page 114 =====

Floating up like waves and then leaving.

19:49:01 When release reaches a certain point, the **momentum** becomes very strong. As soon as you make the **decision** to release, it will carry you along.

19:49:17 You don't need to operate as deliberately as before.

===== Page 115 =====

Wind 19:46:30 *__floats up and out__ *

===== Page 116 =====

Unmoved Mind 19:45:18 @Wind Wind, may I ask, when releasing reaches a certain point, if it's like you also use the process step by step to release, or as soon as you perceive any wanting, it leaves, and you don't need to ask the questions anymore?

===== Page 117 =====

Wind: If you feel there is a problem, then there **must** be a desire. Suppression means the **want of control** is operating. Release the want of control, and you won't suppress. The *underlying* wants of approval and wants of survival will surface. But if you don't release the deeper wants of approval and wants of survival, the want of control will keep being discovered. So, **continuous release is key**. Let release happen again and again. **One after another.** Reach deeper and deeper layers. Just let them **float up and leave directly**. If there's a desire to change, release the desire to change. If you release enough, it will be like Lester said **"floats up and floats out."** Like **waves**, continuously being released out. This time in retreat, it floated for two days. Was so high. Being able to use the **six steps** is the advanced stage. Alei's advanced course is just repeatedly explaining how to practice the six steps.

===== Page 118 =====

Big Yellow Cat 20:18:15 Mm, now when awake, I can basically perceive feelings anytime. As for releasing, when alone, I can stay in the release state. But as soon as I interact with people, I'm basically carried away.

Wind 20:19:03 Now you need to **release consciously**.

Big Yellow Cat 20:19:19 When interacting with people, how can I maintain interaction while releasing continuously?

Wind 20:20:02 You can do releases targeting it when you are alone.

Wind 20:20:15 **"I allow myself to release when interacting with people."**

Wind 20:20:24 Release all feelings about this **goal**.

Wind 20:20:30 Until you are sure you can do it.

Big Yellow Cat 20:21:54 Okay 👍👍👍

===== Page 119 =====

March 17, 2021

Big Yellow Cat 20:09:09 Teacher Wind, before you were free, out of 24 hours a day, approximately how many hours were you in a state of release?

Wind 20:16:00 Actually, as long as you spend **more than 50%** of your waking hours doing release every day, you'll find that the **inertia of release** gradually becomes greater than suppression.

Wind 20:16:12 Then, you will **release continuously**.

Wind 20:16:24 You will release very **naturally**.

Wind 20:16:33 Release becomes as normal as **breathing**.

Wind 20:16:42 You will reach **24 hours**.

===== Page 120 =====

Wind 01:48:54 That's because you can no longer surge higher.

Wind 01:49:03 The **troughs** have also been released.

Tian Cheng 01:49:59 Do troughs manifest as being stuck?

Wind 01:50:04 Being stuck is just you **wanting to control**.

Wind 01:50:15 Troughs are **heavy feelings (editor's note: "emotional painbody" per Eckhart Tolle's term)**.

Wind 01:50:24 You allow them to surface, allow them to leave.

Wind 01:50:27 Then you won't get stuck.

Wind 01:50:34 If you get stuck, you **release the desire to control**.

Wind 01:50:37 It's very simple.

Tian Cheng 01:50:50 Is the heavy feeling **fear of death**?

Wind 01:51:12 **Every feeling is heavy.**

===== Page 121 =====

March 13, 2021

image[[189, 52, 252, 97]] **Tian Cheng:** @Wind When reaching a high point and continuing, charging forward without stopping, is it possible to not experience troughs and go straight to **Nirvikalpa Samadhi**?

image[[189, 190, 252, 235]] **Wind** 01:45:53 So-called troughs are **heavy emotions**.

image[[267, 279, 291, 296]] **Wind** 01:46:21 When you reach a high point, you invite the **fear of death** to surface, which is a very heavy feeling.

image[[267, 391, 291, 408]] **Wind** 01:46:58 Lester describes it as a **roller coaster**.

image[[267, 484, 291, 502]] **Wind** 01:47:12 When you go higher, you can also allow **lower** feelings to surface.

image[[267, 599, 291, 616]] **Wind** 01:47:25 Each time you will surge high, then trough.

image[[267, 712, 291, 730]] **Wind** 01:47:58 Until you fall down, and end up landing in your **infinite existence**.

Tian Cheng: So that's how it is.

===== Page 122 =====

Wind 10:52 PM The **perfect map (Six Steps of Lester Levenson)**.

Wind 10:52 PM Change it even a little and you cannot be free.

Wind 10:52 PM **Implement it and you can be free.**

Wind 10:52 PM It's that simple.

Wind 10:53 PM Releasing emotions is also useful, but **the three major wants are faster**.

Wind 11:02 PM Is your current feeling a want of control or a want of approval?

Wind 11:02 PM Can you allow yourself to be *more aware* of it?

Wind 11:03 PM Can you **let it leave**?

Wind 11:03 PM These few sentences take a few seconds?

===== Page 123 =====

Basic wants drive emotions, nine emotions drive hundreds of feelings, feelings drive thousands of thoughts.

Wind : **Want of survival is the root, wants of approval and control are the trunk, emotions are the branches, feelings are the twigs, thoughts are the leaves.**

Wind Trimming leaves one by one, how long will that take?

Wind ☺

Wind So it's just about **efficiency**.

Wind Lester says, if you release the nine emotional categories, for example releasing fear, it would take **hundreds or thousands of lifetimes**.

Wind That's just **one** emotion.

Wind If you release thoughts, multiply hundreds or thousands of lifetimes by **tens of millions**.

===== Page 124 =====

Wind: No need, you just need to **decide** to pick it up.

09:26 Wind

09:26 Release the "want," let the whole world become your water glass.

09:26 Wind

09:27 When you want to pick it up, you can just pick it up.

09:27 Wind

09:27 At this time, you won't want to save, because everything is yours, what are you saving for?

09:27 Wind

09:27 You only create it when you need it.

===== Page 125 =====

Most things happen according to your wanting. When you move to **acceptance** and even to **imperturbability**, almost nothing is impossible. Of course, when you reach the so-called **imperturbability**, that ultimate stillness which cannot be disturbed, you become **omniscient, omnipotent, omnipresent**. Your **"want" will weaken**, your **"deciding to obtain" will increase**. **Release the "want," and you will *feel* having.** When you have released all wanting, you will feel you **possess the whole universe**. At that time, if you want to accomplish something, it's like picking up a water glass from the table.

===== Page 126 =====

July 26, 2021

New Time 17:19:33 After asking the question "Can you let it go?", is answering "yes" or "no" more conducive to releasing, or does answering or not answering not matter?

Wind 17:19:45 By the end of the course, questions are asked **very little**.

Wind 17:19:49 **The questions are tools.**

Wind 17:20:09 When you need to use them, of course, pick them up and use them.

Wind 17:20:30 But when you've **already released** after realizing the desire, why would you still look around for tools?

Wind 17:20:35

New Time 17:20:44 *Got it.*

===== Page 127 =====

Just had another small insight while releasing: If you don't release the tendencies you use to **escape** (e.g., subconsciously maintaining control by looking at your phone, seeking approval by talking to others), then you will escape, pressing the deeper things you want to escape from further down.

This can be solved by a **decision**. A decision. **Decide to release this tendency.**

Often because of **inertia**, you tend not to solve it with release, but choose **suppression**. When you discover a problem, your first reaction is to cover it up ☑

For example, I just had a minor issue with my computer. The file wouldn't open. My first reaction was to *suppress* the feeling of wanting to control, and figure out the problem. Instead of **releasing** the desire that had already surfaced. I consciously corrected it.

===== Page 128 =====

18:13 Wanting freedom.

18:14 Released.

18:14 Wind 18:14 Now can you see this desire to control?

18:14 Wind 18:14 Has it left?

18:14 *Left.*

18:16 This demonstrates the use of the **first step**.

18:16 Wind 18:17 Six Steps Step One.

18:17 Wind 18:17 If you get stuck, use **step five**.

===== Page 129 =====

November 7, 2020

Wind Now, are you more willing to remain *entangled* in these wants of control, or are you more willing to **release them and be free**?

D Of course I want freedom.

Wind So, compared to controlling these feelings, **do you want freedom more**?

D Yes, indeed.

Wind Can you let go of the desire to control it?

D Stuck.

Wind Do you want to keep controlling this stuckness, entangled with it to the end, or **do you want freedom**?

===== Page 130 =====

Tian Cheng 00:47:35 So, after freedom, can great masters still live with their families?

Wind For example, William the Conqueror.

Wind Krishna exemplified the **householder master**.

Wind You won't lose your family, you won't lose your dear world.

Tian Cheng In this era, must a master be a hermit?

Wind Hermit means **not being known** as a master.

Wind Hermit doesn't necessarily mean you have to hide away in the mountains.

Wind Living in the world like an ordinary person is also a form of hermitage.

===== Page 131 =====

March 17, 2021

Tian Cheng Teacher, does this mean that if I attain **Ultimate Freedom**, I cannot continue to stay in the world?

Wind It's up to you to **decide**.

Wind Freedom means freedom.

Wind There is **no compulsion**.

Tian Cheng Can I still continue to stay by my family's side?

Wind Of course.

Tian Cheng I see myself **fearing freedom**, afraid of losing my family after freedom.

Wind There have been quite a few **householder masters**.

Wind Masters can even be **kings**.

===== Page 132 =====

Carry out these three things and you will quickly reach Imperturbability.

1. **Release only the three wants.**
2. **Make it continuous and release immediately.** Allow the wanting approval, wanting to control and wanting security to come into your awareness and **immediately let it go**.
3. **Make it a Do It Yourself Tool.**

You now have all you need to go all the way to **imperturbability**.

===== Page 133 =====

Wind 21:01:24 Just what I posted today, **relearn it every time**.

Wind 21:01:50 Actually, the **six steps** serve this purpose too.

Wind 21:02:05 Don't let the words obscure their true meaning.

I am Infinite 21:02:46 You say it's vague again.

Wind 21:03:05 Lester also thought you would get vague.

Wind 21:03:20 So at the very end, two years before he left, he summarized **three**.

Wind 21:03:32 Those three are a **further condensation** of the six steps.

===== Page 134 =====

Wind 15:16:31 Actually, in '92, Lester had already simplified the six steps further into **three steps**.

Wind 15:16:42 These three steps are the **way to practice** the six steps.

Wind 15:17:23 You can find this three-step process at the **end of the workbook**.

===== Page 135 =====

July 26, 2021

Maple Forest Era 15:13:35 If stuck, release the feeling of wanting to change. I know now I want to change, release the desire to change, but **no progress**. Should I just keep releasing this desire to change (desire to control), keep asking endlessly?

Wind 15:13:46 : No.

Wind 15:14:37 You don't need to **always ask yourself questions**.

Wind 15:15:07 **Questions are a teaching method.** At the end of the course, if you have mastered this method, he will tell you the **six steps**.

Wind 15:15:16 Why does the course tell you the six steps at the very end?

Wind 15:15:29 Because, **before you learn to release**, these words are just words to you.

Wind 15:15:49 But **after you learn**, you have already experienced those things.

Wind 15:15:59 Therefore, you don't need any extra explanation to explain the six steps.

===== Page 136 =====

December 22, 2020

Wind Regarding questions like "can I achieve xxx," I hope you can remember a sentence from Lester.

Wind every impossible, no matter how impossible, becomes immediately a possible, as you completely released on it.

Wind Every impossibility, no matter how impossible, immediately becomes possible, once you have completely released on it.

===== Page 137 =====

November 20, 2020

Tian Cheng I want to ask you for advice.

Tian Cheng How can I move towards freedom **more quickly**?

Wind Use it continuously, use it to the extreme.

Wind I can't give better advice than that.

Wind I strongly suggest you **use it on everything**.

Wind Utilize those goals.

Wind Use **continuous attainment** to promote your own release.

Wind To **enhance the motivation** for release.

Wind If you get used to using it on every one of your goals, you will soon **reach that place**.

===== Page 138 =====

Wind 9:53 AM Now **all masters** are paying attention to people practicing the Release Method.

Wind 9:53 AM Because it is the **only method of this era**.

Wind 9:54 AM Other methods **cannot guarantee** you reach the destination in this lifetime.

Wind 16:37:37 You are **originally free**, just obscured by the mind.

Wind 16:37:44 Freedom is not creating something.

Wind 16:37:51 It's just **ending an illusion**.

Wind 16:40:15 If you truly want freedom, **Lester will inject it into you** (*referring to injecting the inspiration to practice the Release Method*) ←

Wind 16:40:37 I'm not joking, **Lester has always been supporting this work**.

Wind 16:40:56 He is **supporting everyone** using the Release Method.

===== Page 139 =====

3:27 PM Bethlehem Star: The Buddha's saying "Dhamma as island" does not mean relying on a method.

Wind Dhamma means relying on **truth**.

Bethlehem Star What does it refer to?

Wind Reality.

Wind Rely on yourself, rely on universal truth, besides that, rely on nothing.

Wind Attadipa, Dhammadipa, no other refuge.

Wind The Buddha's last words.

Bethlehem Star Indeed, the Buddha.

===== Page 140 =====

Wind: It's not about wanting speed; you can **only rely on yourself**.

Wind Rather, you can **only walk to the destination by yourself**.

Wind That step can **only be taken by yourself**.

===== Page 141 =====

Wind 15:19:05 **Attadipa, Dhammadipa, no other refuge.**

Wind 15:19:15 **Attadipa** comes first.

Wind 15:19:19 You **must rely on yourself**.

Bethlehem Star 15:19:27 Goodness.

Bethlehem Star 15:19:40 So **self-reliance** is very important.

Wind 15:20:23 Actually, there is **no method that achieves enlightenment relying on others**.

===== Page 142 =====

Wind 22:26:34 Don't wait until a gun is pointed at your head to do it.

Wind 22:27:29 You all know yourselves very well.

Wind 22:27:51 Although not so deeply, you will know your own actions.

Wind 22:28:06 If you have **dependence**, you will cling to it.

Wind 22:28:31 If you depend on the outside, you won't discover the inner **infinity**.

Wind 22:28:37 These things are all very simple.

Wind 22:29:01 As someone who has attained **Ultimate Freedom**, I cannot be here.

Wind 22:31:31 As a **self-reliant** method, the Release Method doesn't have that many problems.

Wind 22:31:42 All problems arise when you **deviate from the six steps**.

Wind 22:32:00 Therefore, either you **return to the six steps and continue releasing**, or you move towards limitation.

===== Page 143 =====

Wind: When you seek help outwardly, that is an **opportunity**.

Wind 22:22:40 **Perceive it, release.**

Wind 22:22:51 Find everything you want **inwardly**.

Wind 22:23:05 Absolute security is only found in your **infinite existence**.

Wind 22:23:51 Among all help, there is no better help than **destroying all your supports**.

Wind 22:25:20 Lester told me the world would **"knock down his supports,"** so everyone would be forced to find answers from within. "That's good," he said. "Not explosion, but **ascension**," he laughed. Currently, people always seek happiness externally using various escape methods provided by the world. Eventually, when external escapes are endless, he predicted, we will be **forced to move inward**. "This is really a good thing," he said, "because people will be forced to find answers, know who they truly are, just like me." He always told me he was especially grateful for his **heart attack**.

Wind 22:26:00 When all external escape routes are knocked down, you will be **forced to go inward**.

===== Page 144 =====

Wind 18:36:35 I love you very much, but **dependence is fatal to growth**.

Wind 18:36:58 I hope that after I leave, you will no longer depend on those words or anything else.

Wind 18:37:13 But **go directly to the destination**.

===== Page 145 =====

March 11, 2021

image[[202, 43, 265, 85]] **Wind:** If you truly want freedom, **implement the six steps**.

image[[202, 127, 255, 145]] **Wind: Don't feed your mind (intellect) anymore.**

image[[202, 213, 255, 231]] **Wind: My leaving is the greatest support.**

image[[202, 298, 255, 315]] **Wind:** If you need an **external master**, you will never discover your own **inner infinity**.

===== Page 146 =====

Wind 17:03:26 I have encountered many **heavily suppressed minds**.

Wind 17:03:39 They might need to **repeat the process many times** before feeling it.

Wind 17:04:30 Many such situations also appeared in Lester's original courses.

Wind 17:04:45 It's like riding a bike, some people can ride it immediately.

Wind 17:04:55 Some people need to practice a bit longer to grasp the **sense of balance**.

===== Page 147 =====

Wind 16:59:41 The only slightly special thing about me is that my **memory is very good**.

Wind 17:00:07 After I experience something, I can **immediately find the corresponding original text** that Lester said.

Wind 17:00:18 Therefore I don't describe experiences in my own words.

Wind 17:00:24 But I **rely on Lester's teachings**.

===== Page 148 =====

Wind 16:56:15 The reason my release works so well is really **only one**.

Wind 16:56:23 That is that I **conform to the six steps**.

Wind 16:56:30 I **understand** this method.

Wind 16:56:39 As long as you also use this method, it will have the **same effect**.

Wind 16:56:46 There is **no personal talent** involved here.

===== Page 149 =====

Wind: If you drag this process out very long, then you are definitely **not in the six steps**.

Wind 22:58:39 Lester tells you, **one release is equivalent to meditating for many months**.

Wind 22:58:45 One release only takes **a few seconds**.

Wind 22:58:58 You only need a few seconds to equal months of meditation.

Wind 22:59:11 This method is **extremely efficient**.

Wind 23:00:21 You can look at the **six steps** and know whether you are in them.

Wind 23:00:46 If you are in the six steps, your release will be **continuous**, and your joy will **continuously increase**.

Wind 23:02:00 Make the **decision** to be free.

Wind 23:02:13 **Decide not to stop** until you reach freedom.

===== Page 150 =====

December 16, 2020

Wind If you can't do it in **one month**, if you still can't do it in **two months**, then freedom is **impossible** for you.

Wind You **cannot drag it out** very long.

Wind You cannot say, I do a little bit every day, and after ten years or so, I'll be free.

Wind Implement the six steps. Either you solve it within one or two months, or you will never achieve it in your lifetime.

Wind Because if you haven't achieved freedom in one or two months, then you are **not on the six-step path**.

Wind If you're not on the six-step path, how can you possibly be free?

Wind Releasing according to the six steps, you can reach a **very high state in one week**.

Wind Even enter **Nirvikalpa Samadhi**.

===== Page 151 =====

December 31, 2020

Wind 21:21:46 In the six steps, you can **release continuously**.

Wind 21:22:01 If you're not in the six steps, you will **stop**.

Wind 21:22:19 Keep it by your side, **remind yourself constantly**.

Wind 21:23:04 **Continuous means not stopping.**

Wind 21:23:06 You may not understand now, because you are **trying hard** to release.

Wind 21:23:33 But when release becomes the **norm**, releasing is as natural as **breathing**.

Wind 21:24:24 You just need to **decide** to reach freedom, feelings will continuously **float up and float out**.

Wind 21:28:12 Everything you need to know at the intellectual level is **in the six steps**.

Wind 21:28:47 **Use it to the extreme.**

Wind 21:28:58 This method is **extremely efficient**.

===== Page 152 =====

January 2, 2021

Wind In the Release Method, **implementing the six steps leads to the destination**.

Wind Not implementing the six steps means not reaching the destination.

Wind Do it, or don't do it.

Wind Like Lester finally said to Ralph.

Wind You either do it, or you don't do it. I hope you **do it**.

Wind Simple, or impossible.

===== Page 153 =====

March 14, 2021

Wind Implement the six steps.

Wind When I say this sentence, actually, my meaning is, when you **still need something else**, then freedom is impossible.

===== Page 154 =====

March 11, 2021

Wind Implement the six steps, very simple.

Wind Maintaining limitation is **difficult**.

Wind See the feeling, let it leave.

Wind Empty out all the feelings that drive your thinking.

Wind That's it.

===== Page 155 =====

March 13, 2021

Wind 18:43:27 The **most complete map** is the six steps themselves.

Wind 18:51:58 The six steps are already the **least simplified**, it takes care of all aspects. Because it can be **even more simplified**.

Wind 18:52:30 That is what Lester said: **release all feelings, your mind quiet, that's it**.

Wind 18:52:51 If you want a **complete map**, that is the **six steps**.

Wind 18:53:07 **Accomplish each step, and you succeed.**

Wind 18:53:41 You don't need anything else, you just need to remind yourself to **keep it simple**.

Wind 18:53:56 When you **complicate** it, you are moving towards failure.

Wind 18:54:07 Because you are moving towards **accumulating mind**, which is the opposite of releasing.

Wind 18:55:58 More simplified is Lester's sentence. **Release all feelings, your mind becomes quiet, you have arrived.**

===== Page 156 =====

Wind: Go use this method.

11:29:26 Release the wants of control and approval, release those programs covering the **"fear of death."**

11:29:38 Then allow the **"fear of death"** to surface, **release it completely**.

11:30:26 Initially, you release the **programs of wanting control and approval**.

11:30:33 You are only releasing these **two types of programs**.

11:30:52 As you release, those feelings, those thousands of thoughts about the body, **disappear**.

11:31:35 When you release the deepest **fear of death**, your **entire mind disappears**.

11:31:51 Your sense of separation will dissipate, and what remains is **infinite existence**.

11:32:02 You will **naturally identify** with being infinite existence.

11:32:15 Is this clear enough?

===== Page 157 =====

Wind: When you have released to the point where **"the only source of happiness is infinite existence"** becomes your complete experience, you will **naturally stop** any action of seeking happiness elsewhere in the world.

Wind 16:36:56 At this time, your flow direction changes, and you automatically enter **Savikalpa Samadhi**.

Wind 16:37:08 Once you enter, you **won't come out again**.

Wind 16:37:30 You **won't regress** anymore.

Wind 16:37:37 Because the seeds for the path of regression have **lost their power**.

Wind 16:43:42 You **must** implement the six steps.

Wind 16:43:51 This way, you can get **all happiness from within**.

Wind 16:45:28 Or by achieving goals through release to redirect your direction.

Wind 16:45:39 **get everything by releasing only.**

Wind 16:45:47 This can also keep you on the six-step path.

===== Page 158 =====

Wind 19:13:54 Sometimes you might do other things all afternoon, not releasing.

Wind 19:14:10 That's because the **subconscious is seeking** something.

Wind 19:14:25 You **can't force yourself** to release.

Wind 19:15:11 You need to see **what** you are seeking, and ask yourself **"Can I obtain this from releasing?"** See which way is **easier, more effortless, and happier**.

Wind 19:15:17 Thus **choose to release**.

Wind 19:15:47 That's why I said **successful experiences are important**.

Wind 19:15:51 You need to **get the benefits first**.

Wind 19:16:12 Without benefits, you won't do it; that's your **mind**.

Wind 19:16:38 It will find every way to **escape release, resist release**.

Wind 19:18:34 I remember I said before, **paying attention to the sixth step** truly got me into continuous release.

===== Page 159 =====

Wind: You actually don't need to *enjoy* anything.

Wind 19:02:13 **you don't need enjoy anything, be joy!**

Wind 19:04:16 Write down the possibilities you think can bring happiness.

Wind 19:04:27 Where do you think happiness exists?

Wind 19:04:35 Not intellectual.

Wind 19:04:46 It's **where you actually seek happiness**.

Wind 19:05:10 If you **suppress** these desires, you cannot achieve step one.

Wind 19:08:29 You can force yourself to do homework and work, but you **can't force yourself to release**.

Wind 19:08:31 😊

Wind 19:09:58 Let me elaborate on Lester's favorite teaching: **get everything by releasing only**.

Wind 19:12:53 **What do you want? How are you going to get it? Why not obtain it through releasing?**

Wind 19:13:02 This is how you practice.

Wind 19:13:11 **You choose to release.**

===== Page 160 =====

Wind 18:57:54 My method is that I **constantly confirm my gains and my direction**.

Wind 18:59:17 For example, she just wanted to listen to music. What did she want to obtain from music?

Wind 18:59:27 Can this be obtained from **releasing**?

Wind 18:59:33 Can you **try it**?

Wind 19:00:02 Constantly confirming your **gains** can keep you releasing continuously.

Wind 19:00:35 If you say "I must, I have to release, I cannot listen to music," this won't work, because one subconscious direction is listening to music, which you are **suppressing**.

Wind 19:00:48 Your **conscious and subconscious are pulling** against each other.

Wind 19:00:56 If you don't look at it, this won't succeed.

===== Page 161 =====

November 17, 2020

Wind Rely on the **six steps**.

Wind Start with the six steps, end with the six steps.

Wind Use your **gains** to confirm your direction.

Wind If continuous release becomes your **"task,"** that's not good.

Wind Continuous release is because **each release has benefits**.

Wind This is what the **sixth step** says: each release is **lighter and happier**.

Wind You **feel good**, so you continue releasing.

Wind If you just **force** yourself to release, you will stop.

Wind You won't be able to continue.

Wind Because you are simultaneously **suppressing** your desires for the world.

===== Page 162 =====

July 26, 2021

Wind When you allow **deeper garbage** to come out, your *mood will go down*.

Wind But **that's good**.

Wind It's about **facing deeper garbage**.

Wind Process, release process.

Wind Let the feeling out, **categorize it as wanting control or wanting approval, then let it out**.

===== Page 163 =====

Wind 08:15:58 Just use the process **consciously**.

Wind 08:16:07 **Use feeling more.**

Wind 08:16:15 **Use less mental analysis.**

Wind 08:16:29 This will also make releasing **easier**.

Wind 08:16:49 Of course, it will also be **deeper**.

Wind 08:17:04 Many people think their release is very good simply because they haven't experienced **deeper release**.

Wind 08:17:09 They think release is just like that.

===== Page 164 =====

March 16, 2021

Wind Unless you release the **drive** of those programs.

Wind If you don't release, it will constantly **drive you to get busy**.

Wind All brilliance, all creativity, comes from **infinite existence**.

Wind The mind is a **mechanical program**, it only repeats.

Wind Perhaps it can be said this way: a person **free from the mind program** truly begins to live.

Wind Before that, just a **constantly driven robot**.

===== Page 165 =====

Wind: 13:31:09 Rushing off to force yourself all night, leaving the group, shouting slogans - **that's useless**.

Wind Because that's trying to **eliminate karma through action**.

Wind This just creates **new karma**.

Wind Only releasing is useful.

Wind If you don't release, your programs will constantly **drive you to do those things**.

Wind Therefore, **do not think that any action you take can bring you freedom.**

Wind Deliberate action, deliberate inaction.

Wind That's **not what needs attention**.

===== Page 166 =====

Wind 2020-10-15 12:24:48 Release the **desire to control**, and you will no longer suppress the **fear of death**. It will surface for you to release. Lester said, **release the mind, what remains is infinite existence**. It's that simple. The mind is nothing but a collection of your **feelings and thoughts**. **Desire to control, approve, be safe (survive).** The **three major wants**. Lester sometimes uses **fear of death** to mean the desire to survive. Same meaning. **Desire to change** is also a type of desire to control. So just **release three things**. **Desire to control, desire for approval, desire to survive (fear of death).**

===== Page 167 =====

March 12, 2021

Wind Don't judge a person's tendencies by their **slogans**.

Wind

Tian Cheng Right, shouting slogans is useless.

Wind Release it.

Wind Clear the three major wants.

Tian Cheng Mm.

===== Page 168 =====

Wind 22:16:42 So only by **continuously releasing wants of control and approval**, and then continuously releasing the **want of safety**.

Wind 22:16:48 Only this way can you **reach the destination**.

Wind 22:18:05 **Implement the six steps, everyone can be free.**

Wind 22:19:07 Releasing continuously, always being in the six steps, will lead to **freedom**.

Wind 22:19:22 Yes.

Tian Cheng 22:20:20 As long as you're in the six steps, you are releasing continuously. Can it also be understood this way?

Wind 22:21:47 Yes.

Wind 22:21:53 **Use the six steps to test.**

Wind 22:22:03 As long as you're in the six steps, you **can be free**.

===== Page 169 =====

Xiang Xuan 22:06:28 When I don't want to release, reminding myself of step one, I don't feel anything. Instead, reminding myself that I **want to change myself**, want everything to get better, gives me more motivation.

Wind 22:07:31 That works too.

Wind 22:07:49 Releasing can make you **freer**.

Wind 22:07:53 **Freedom includes everything.**

Wind 22:08:02 Just provide a **motivation** to release.

Wind 22:12:27 Wanting approval can **develop** into wanting control.

Wind 22:15:34 When you feel wanting approval, you **must** release the wanting approval.

Wind 22:15:45 After releasing wanting control, **wanting approval becomes obvious**.

Wind 22:16:03 After releasing enough wanting approval and wanting control, **wanting safety becomes obvious**.

Wind 22:16:27 If you don't release wanting safety, wanting approval and control will be developed again, thus **endlessly**.

===== Page 170 =====

Wind 18:32:44 Make a **decision** to do it, to try releasing.

Wind 18:33:03 Disappointment, even despair, is **just a feeling**.

Wind 18:33:23 As long as it's a feeling, it **can be released**, and the vitality after release is completely different.

Wind 22:03:36 If you are used to suppressing, you'll need **more time** to break the habit of suppressing.

Wind 22:04:00 **Practice releasing more**, this will also happen quickly.

===== Page 171 =====

Wind 10:24:36 **Releasing isn't that hard.**

Wind 10:24:53 We're just **used to suppressing**, which is why we think releasing is so difficult.

Wind 10:25:22 If you **make releasing a habit**, you'll feel that suppressing is what takes effort.

Wind 10:25:42 Until then, **keep deciding to do release**.

===== Page 172 =====

1. **"I can't" means I won't do it.**
2. **"I can't do it" - just this thought prevents you from doing it.**
3. **Those who think they cannot do it actually do not want to do it.**
4. **As long as you get on with doing it, it will happen.**
5. **Wishing and intending are useless, you must ACT!**
6. **Don't just try, DO IT!**

—— **Lester** *"The Ultimate Freedom Path."*

===== Page 173 =====

Wind November 7 23:57:33 So the difficulty lies in **you not doing it**.

===== Page 174 =====

Keep doing it continuously, and you will release it completely.

===== Page 175 =====

November 7 23:54:38 First you **release**.

Wind Releasing isn't about being difficult or not.

Wind It's about **whether you do it or not**, and **how many times you do it**.

Wind If you can do it **once**, you can do it a **second time**.

Wind Then a **third, fourth time**.

===== Page 176 =====

Wind 21:13:47 Mm, as Lester said, you need to **release enough** wants of control and approval.

Wind 21:14:19 It's not about looking, it's about **following along with practice**.

Wind 21:17:34 When a desire is **brought out**, it is released at that moment.

Wind 21:18:23 If not, you **return to the beginning** of the process.

Wind 21:18:37 **Relax the body**, feel it again.

Wind 21:18:54 **Identify** what desire it is, **let it leave**.

Wind 21:19:09 Keep it **simple and easy**. **Repeated practice** will let you master it.

Wind 21:19:21 **Thinking and analyzing** will make it increasingly difficult to release.

Wind 21:19:30 Because the mind only **replays past experiences** anyway.

===== Page 177 =====

Wind 21:09:35 My suggestion is **not to grope around**, **just use the process directly**.

Wind 21:09:53 If you don't feel it the first time, **do it a second time**.

Wind 21:10:01 This will be **faster**.

Wind 21:10:11 Groping around with the mind actually takes **many detours**.

Wind 21:10:17 Because the mind can only **replay past experiences**.

===== Page 178 =====

January 13, 2021

Wind Back then, it took me a **long time** to find the feeling of releasing for the first time.

Wind The Release Method is **suitable for everyone**.

Wind Practice simply, and then you'll get it.

Wind At that time, it also took me a long time to find the feeling of releasing.

Wind Because I **analyzed too much**.

Wind The **less you analyze, stay relaxed, just use it, the faster you'll learn**.

===== Page 179 =====

Wind 10:53:26 **There is no free will in worldly living.**

Wind 10:53:39 Note, in worldly life there is **no free will**.

Wind 10:54:55 There is **only one thing that has free will**, choosing to identify with your body or with **infinite existence (Infinite Beingness)**.

Wind 10:57:50 Trying hard to earn money won't make you richer, trying hard to study won't make your grades better, trying hard to maintain health won't make you healthier.

Wind 10:57:57 Understand? These are all **pre-programmed**.

Wind 10:58:11 **Only removing the programs is useful.**

Wind 11:33:58 Trying to change something through action is just a **delusion** people have, completely useless.

Wind 11:34:09 Yet **most people don't understand this**.

Wind 11:34:48 **Karma drives action**, and your attempts to change karma through action are **also driven by karma**.

Wind 11:36:34 Jack Ma, Bill Gates don't know why they earned money and lost money. Their summaries of their own successful experiences are just **guesses after seeing the surface**.

===== Page 180 =====

March 12, 2021

Wind There is **no reason for you not to use the Release Method**.

Wind Whether it's moving towards **awakening** or obtaining a **better world**, it is the **most efficient**.

Wind Not only efficient, but also **simple**.

Wind Can't find any reason not to use it.

===== Page 181 =====

March 16, 2021

Wind If you want freedom, also release. If you want the world, also release.

Wind It's that simple.

Wind If you want freedom, **releasing is the only thing that can free you**.

Wind No matter how you talk about freedom, it won't get you there. Studying topics about freedom won't free you either.

Wind If you want a better world, **releasing is the only thing that can give you a better world**.

Wind No matter what action you take, every action is **within the karmic program**, within driven reactions.

Wind Therefore, **if you want freedom, release. If you want the world, release. It's that simple.**

===== Page 182 =====

First of all, those who come to this **high-level classroom called Earth** themselves have very **good karma**. Because they **want freedom**, they come to this advanced classroom. Then, among those who become human here, many are here to **experience pain and pleasure**. Only after obtaining enough experiences will they **turn inward**. After turning inward, because of the influence of strong tendencies towards the world, they will encounter some similar **false paths** that satisfy their minds. They need very good karma to encounter the **true method**. And after encountering the true method, they need a **strong tendency towards freedom** to discern it and persist. So, reaching this step indeed requires **very, very good karma**.

===== Page 183 =====

Wind: The six steps are achieved through **continuous release**.

Wind 21:48:05 You need to **continuously gain joy** from the sixth step to achieve the first step.

Wind 21:48:24 Initially, **all six steps are useful**.

Wind 21:48:37 When you don't want to release, **remind yourself of step one**.

Wind 21:48:45 Then **decide to release**, that's step two.

Wind 21:49:03 **Directly release** the wants of control and approval, that's step three.

Wind 21:49:16 **Release continuously**, maintain continuity, that's step four.

Wind 21:49:34 When stuck, **release the desire to control the stuckness**, that's step five.

Wind 21:49:50 Each release feels **more joyful and lighter**, that's step six.

Wind 21:50:16 **Implement the six steps, do them continuously**, will gradually strengthen the motivation for freedom, thus **completely achieving step one**.

===== Page 184 =====

March 14, 2021

Tian Cheng Teacher, can you talk about your **path to success**?

Wind Six steps.

Tian Cheng Why could you do it? While so many people cannot?

Wind Six steps.

Wind Because you need **something else**, whereas I **only need the six steps**.

Wind Throughout the entire process, I **only looked at the six steps**.

Wind I don't need anything **outside the six steps**.

Wind If you want to talk about the secret to success, **this is the secret**.

===== Page 185 =====

July 26, 2021

Wind Course videos, workbook. When you need to use them, pick them up and use them.

Wind But, in the end, you **only need the six steps**.

Wind When you **only need this one tool, the six steps**, you are on the path.

===== Page 186 =====

Wind: Emotions are the **entry point**, letting you learn to release. The workbook's summary at the end of the course is: **release three wants only**.

Wind Only release the three major wants.

Wind Wind Wind Wind

Wind We first enter the conscious mind, **release control, approval**. And those other things you try to release, like fear — you know — you would spend **hundreds or thousands of lifetimes** releasing fear, and after that you'd still have anger, you'd still have other emotions. And when you release the desire to control, **everything underneath it is let go**.

Wind Then when you release the **want of safety**, you release all the wants of approval and control, and everything underneath them. You are currently too low in the trough, so you cannot attack the want of safety. You are overwhelmed, you are terrified by death, so you let it run you. But when you release a **considerable amount** of control and approval, you have the ability to face the **fear of death**.

Wind If you release emotions, it takes **hundreds or thousands of lifetimes** to clear one of them. **Releasing desires is the way to reach the destination in one or two months.** Only this way can you enter the **high efficiency** of the Release Method.

===== Page 187 =====

Process for Releasing Desires

Step One: Allow yourself to feel the current feeling.

Step Two: Notice whether it comes from a want of approval or a want of control.

Step Three: Can you perceive this want of control (or want of approval)? Can you let it leave?

Step Five: Is there still any remaining want of control (or want of approval)? Can you be more aware of this? Can you let it leave?

Repeat the awareness and release until you are completely free.

Wind: Just now in the neighboring group, someone asked about the basic process. I slightly summarized the content from the video. The guidance in the video is like this. You can refer to this process.

===== Page 188 =====

October 3, 2020

Wind Process for Releasing Emotions

Step One: Allow yourself to feel the current feeling, and trace it back to an emotional state (Apathy, Grief, Fear, Lust, Anger, Pride/Indifference).

Step Two: Ask yourself, can I let this feeling go? Am I willing to? When?

Step Three: See how you feel now, and repeat the previous process.

Part 3 of 3

Page 1

Page 2

Page 3

Wind: What about the physical sensation? Will it disappear later? Will it get better once I reach CAP (AGFLAP CAP) ? Or will it follow me around my whole life if I'm not free?

Wind: What are your feelings about the physical sensation?

Wind: Do you want to control it?

Wind: Do you want to change it?

Wind: Just release this

Wind: If the physical sensation is bothering you, release that bother

Wind: Use releasing to solve the problem

Wind: A few releases, and you can release the entirety of a long-term habit, can you imagine that?

Wind: But many times it's like this

Wind: It's within a few minutes, not a long, sticky struggle

Wind: You see in the video it's just a few minutes

Wind: If it takes too long, you're stuck, you're suppressing, you're not releasing

---

Page 4

Page 5

Wind: 00:03:57 Just go do it

Wind: 00:04:01 No need to shout slogans

Wind: 00:04:14 Especially shouting slogans in front of me is even more meaningless

Wind: 00:04:16

Wind: 00:04:24 I can sense your tendency

Wind: 00:04:36 Can I say it?

Tiancheng: 00:04:43 What tendency

Wind: 00:04:44 No need to say

Wind: 00:04:49 Just release it yourself

Tiancheng: 00:05:05 I have a tendency to say things and not do them

Tiancheng: 00:05:14 I discovered it myself, it's been like this for many years

Tiancheng: 00:05:23 All talk, no action

Wind: 00:05:24 So I say no need to shout slogans

Wind: 00:05:29

Wind: 00:05:49 In front of me, don't repeat those words

Wind: 00:05:56 If you want to do it, just go do it

Tiancheng: 00:05:59 Okay

Page 6

Wind: 9:32 AM No longer tempted by the ego

Wind: 9:32 AM Completely inclined towards freedom

Wind: 9:32 AM This is the first step of the *Six Steps*

Wind: 9:33 AM Once again, verified my experience through the master's teachings

Wind: 9:33 AM In yoga, they call it *Nirbikalpa Samadhi*

Wind: 9:34 AM The real work begins

Wind: 9:35 AM Only now do I see that studying yoga science is truly the best timing

Wind: 9:35 AM If I had studied it before, I might have formed fixed understandings that would become my obstacles

Wind: 9:35 AM Thus affecting my understanding of the *Release Method*

Wind: 9:36 AM You don't need anything other than the *Six Steps*

Wind: 9:36 AM Now it's called verification

Wind: 9:36 AM I'm just amazed to find that all masters say the same thing

Wind: 9:36 AM Verification is more fun

Wind: 9:36 AM Of course, it must be so

Wind: 9:36 AM If what they said wasn't the same, they wouldn't be masters

Wind: 9:36 AM Because *truth is not two*

Wind: 9:38 AM If you haven't reached here, you might regress

Wind: 9:38 AM If you have reached it, you won't regress

Wind: 9:39 AM Truly reaching the first step, you won't sink

Wind: 9:39 AM Truly reaching it, you won't

Wind: 9:39 AM Entering the stream

Wind: 9:39 AM No more turning back

Page 7

Wind: 9:40 AM Insight into the source of happiness will lead you to the first step

Wind: After this, every decision you make is inward, each one freeing you from bondage, moving towards your true existence

WeChat Weixin Group "The Sedona Release Method Diamond Island"

Page 8

October 21, 2020

Wind: I spent four years searching for information about Releasing (The Sedona Method).

Wind: While also releasing

Wind: Later, I went abroad and came into contact with Lester Levenson's later audio and the 1992 Original Sedona Method video course

Wind: Only then did I understand a concise, complete map

Wind: It is very clear, concise, and powerful, a complete map towards freedom

Wind: Especially Lester's later audio explaining the *Release Method*

Wind: After learning the release process, everyone can focus on the *The Way* series

Wind: Those are Lester's direct teachings, which will clarify many issues

Wind: And you will also receive great encouragement

Page 9

Wind: Do you prefer to stay stuck in *wanting to control* these, or would you rather release them and be free from them?

D: 18:07 Of course I want freedom

Wind: 18:08 So compared to controlling these feelings, you prefer freedom?

D: 18:09 Yes, exactly

Wind: 18:10 Can you let go of the *wanting to control* it?

D: 18:12 Stuck

Wind: 18:13 Do you want to keep controlling this stuckness, wrestling with it forever, or do you want freedom?

D: 18:13 Want freedom

D: 18:14 Released

Wind: 18:14 Now can you see this *wanting to control*?

Wind: 18:14 Has it left?

D: 18:14 Left

Wind: 18:16 This demonstration is the use of the first step

Wind: 18:16 *Six Steps* Step One

Wind: 18:17 If you get stuck, use step five

Page 10

At the beginning of releasing, we might want to mix in other behaviors as an aid to releasing, such as practicing awareness, practicing insight meditation, practicing mindfulness, etc. But with the *Six Steps* as a reminder, you know these are unnecessary. Lester summarized everything needed (after learning to release) (to reach *ultimate freedom*) into the *Six Steps*.

Page 11

11:25:19 Just be aware of the current feeling and release

Yiman: 11:27:05 Don't do anything other than the *Six Steps*

Yiman: 11:28:11

Yiman: 11:35:21 Why is it said that the *Six Steps* are a map, a navigation?

What is the biggest use of navigation?

To point yourself in the right direction to reach your destination, to check if you have deviated from the correct path.

Yiman: 11:36:17 Walking on the *Six Steps* to release means all actions do not deviate from the *Six Steps*.

Yiman: 11:37:30 When you don't want to release, remind yourself of step one

Then decide to release, this is step two

Directly release *wanting to control* and *wanting approval*, this is step three

Release continuously, maintain continuity, this is step four

When stuck, release the *wanting to control* the stuckness, this is step five

Feel more pleasant and lighter with each release, this is step six

Implement the *Six Steps*, do it continuously, it will gradually enhance the momentum towards freedom, thereby completely achieving step one

---

Page 12

November 9, 2020

Wind: Continuous release is simple

Wind: Just release the *three wants*

Wind: It doesn't matter what feelings arise

Wind: The key is whether you want *control*, *approval*, or *security*

Page 13

Page 14

March 13, 2021

Wind: 18:43:27 The most complete map is the *Six Steps* themselves

Wind: 18:51:58 The *Six Steps* are already the least simplified version; they take care of all aspects. Because it can be even more simplified

Wind: 18:52:30 That is what Lester said: *release all feelings, your mind quiet, that's it*

Wind: 18:52:51 If you want a complete map, that's the *Six Steps*

Wind: 18:53:07 Accomplish each step, and you succeed

Wind: 18:53:41 You don't need anything else, you just need to remind yourself to *keep it simple*

Wind: 18:53:56 When you complicate it, you are heading towards failure

Wind: 18:54:07 Because you are heading towards accumulating mind stuff (intellect) , which is the opposite of releasing

Wind: 18:55:58 Further simplified is Lester's sentence

Wind: 18:56:12 *Release all feelings, your mind quiet, and you're there*

Page 15

December 22, 2020

Wind: 20:56:24 Regarding questions like "can I achieve xx", I hope you can remember Lester's words

Wind: 20:56:50 *every impossible, no matter how impossible, become immediately a possible, as you completely released on it.*

Wind: 20:57:17 Every impossible, no matter how impossible, immediately becomes possible, as long as you *completely release on it*

Page 16

October 30, 2020

Wind: The peak is unshakable, absolute stillness that cannot be disturbed by anything

Wind: 7:47 PM Is freedom

Wind: 7:48 PM Is *omniscience, omnipotence, omnipresence*

Wind: 7:48 PM Is *infinite existence*

Wind: 7:48 PM As long as you are not omniscient, omnipotent, omnipresent, you haven't reached the peak

Wind: 8:19 PM Omniscient, omnipotent, omnipresent

Wind: 8:19 PM This is enlightenment

Page 17

December 31, 2020 to January 1, 2021

Minnie: How about a year-end summary

Wind: Year-end summary: In 2020, completed the most important thing in billions of lifetimes of existence

Wind: 😊

Page 18

March 12, 2021

Wind: You have no reason not to use the Sedona Method – *Release Method*

Wind: Whether it's moving towards awakening or obtaining a better world, it is the most efficient

Wind: Not only efficient, but also simple

Wind: Can't find a single reason not to use it

Page 19

Wind: Do you prefer to stay stuck in *wanting to control* these, or would you rather release them and be free from them?

D: 18:07 Of course I want freedom

Wind: 18:08 So compared to controlling these feelings, you prefer freedom?

D: 18:09 Yes, exactly

Wind: 18:10 Can you let go of the *wanting to control* it?

D: 18:12 Stuck

Wind: 18:13 Do you want to keep controlling this stuckness, wrestling with it forever, or do you want freedom?

D: 18:13 Want freedom

D: 18:14 Released

Wind: 18:14 Now can you see this *wanting to control*?

Wind: 18:14 Has it left?

D: 18:14 Left

Wind: 18:16 This demonstration is the use of the first step

Wind: 18:16 *Six Steps* Step One

Wind: 18:17 If you get stuck, use step five

Page 20

Page 21

Page 22

November 20, 2020

Wind: 22:05:54 I penetrated to the last little limitation within

Tiancheng: 22:06:27 Is it the feeling of separation?

Wind: 22:07:00 Mm, it's the *feeling of separation*

Wind: 22:07:21 Then I retain just enough *fear of death* to barely hold onto the separation

---

Page 23

Past habits, and we refuse to look at them. Sexual behavior, just call it that! When we release them.

Every one of us in this world is looking for exactly the same thing. Every creature, even animals, is looking for it. Yet what is it that we are all always looking for? A happiness without sorrow. A state of happiness not invaded by any sorrow. If this is the common goal, why? Because *infinite happiness is our basic nature*. Before we limited it, this is the true natural state. Now why do most of us not possess this sorrowless happiness? There is only one reason: As an infinite being possessing infinite happiness, we, with joy and happiness, said: *I am an individual, separate from all*. In order to separate myself from all, I had to create some method to achieve it. The method is: my mind creates my body and the material world. Then I continue on, creating more and more thoughts, these thoughts create more and more material events, until thoughts and matter trap me and I forget my true identity as the infinite being.

This initial thought, "I am separate from all," necessarily creates a lack. Lack creates...

Page 24

October 30, 2020

Wind: 16:14:34 I touched the *feeling of separation* beneath the *fear of death*

Wind: 16:14:54 I know I'm nearing the end

Tiancheng: 16:14:59 Is it the separation that creates the desire to survive?

Wind: 16:15:20 Mm, it's this *feeling of separation*, "I exist as this body"

Wind: 16:15:40 Because you feel "I am this body", that's why you want to survive, fear death

Tiancheng: 16:15:49 Mm

Wind: 16:15:54 If you knew you were *infinite existence*, you wouldn't have *fear of death*

Tiancheng: 16:16:00 Right

Wind: 16:16:14 But you don't need to deliberately release it

Wind: 16:16:29 When you completely release the *fear of death*, the *feeling of separation* will also dissipate

Wind: 16:16:37 The entire mind becomes still

Wind: 16:16:45 What remains is *infinite existence*

Page 25

Group Chat

December 24, 2020

Wind: 13:12:32 Seems many people misunderstood Lester Levenson's idea of "hootless"

Star of Bethlehem: 13:13:38 Wrong

Star of Bethlehem: 13:14:57 In Lester's recording, I heard "don't give a hoot," it definitely doesn't mean careless

Wind: 13:16:45 If a person stops focusing on something, the desire for it disappears, and you get it

Wind: 13:17:07 This mind naturally stops circling around something, that's *hootless*

Page 26

5:21 PM

Page 27

5:21 PM

Page 28

5:21 PM

Page 29

5:21 PM

Page 30

I noticed one point

When stuck, actually you *want to control*

Only by *wanting to control* do you get stuck

But the way you try to get what you want is through mental effort and resistance

That's not *"get everything by releasing only"*

You're trying to do releasing the way you struggle in the world

Constantly fighting, fighting, fighting

I find reminding each other is really good

October 14th, 17:43

So, as I release, I roughly know the use of the sixth step, I'll write this down later

Ok

Page 31

Yeah, this is *wanting to control*

So using too much force

When releasing, you always release the part you are most aware of

Last night I was releasing very hard all night, got little result, only relaxed a bit and got some results

That is, the part that surfaces most obviously

Yesterday I was digging deep

See, releasing forcefully goes against the sixth step

You're *trying to control*

Absolutely 😂😂

So it won't happen

I only stopped this afternoon

Relax a bit

Page 32

March 12, 2021

Wind: You have no reason not to use the *Release Method*

Wind: Whether it's moving towards awakening or obtaining a better world, it is the most efficient

Wind: Not only efficient, but also simple

Wind: Can't find a single reason not to use it

Page 33

March 16, 2021

Wind: 20:29:20 If you want freedom, also release; if you want the world, also release

Wind: 20:29:23 It's that simple

Wind: 20:29:40 If you want freedom, releasing is the only thing that can free you

Wind: 20:30:08 No matter how you talk about freedom, it won't get you there; studying topics about freedom won't free you

Wind: 20:30:26 If you want a better world, releasing is the only thing that can give you a better world

Wind: 20:31:26 No matter what action you take, every action is within karmic programs, within driven reactions

Wind: 20:31:44 Therefore, if you want freedom, also release; if you want the world, also release; it's that simple

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Page 34

People who come to Earth, this advanced classroom, already have very good karma

00:47:36 Only those who want freedom come to the advanced classroom

00:48:00 Then, among those who become human here, many come to experience pain and pleasure

00:48:18 After they have gained enough experience, they will turn inward

00:48:54 After turning inward, because there is still a strong tendency towards the world, they will encounter similar false paths that satisfy their minds

00:49:18 Need very good karma to encounter the true method

00:49:38 And after encountering the true method, need a strong inclination towards freedom to discern it and persist

00:49:52 So reaching this step truly requires very, very good karma

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Page 35

Tiancheng: 00:47:35 Do masters after freedom still live with their families?

Wind: 00:47:39 For example, William the Conqueror

Wind: 00:48:08 Krishna exemplified the *householder master*

Wind: 00:48:23 You won't lose your family, you won't lose your dear world

Tiancheng: 00:48:32 In this age, masters must be hermits

Wind: 00:48:55 Hermit means not being known as a master

Wind: 00:49:08 Hermit doesn't necessarily mean you have to live secluded in the mountains

Wind: 00:49:19 Living in the world like an ordinary person is also a form of hermit life

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Page 36

March 17, 2021

Tiancheng: 00:45:40 Teacher, does this mean that if I attain *ultimate freedom*, I cannot continue to stay in the world?

Wind: 00:46:02 Up to you to decide

Wind: 00:46:06 Freedom is freedom

Wind: 00:46:16 No compulsion whatsoever

Tiancheng: 00:46:20 Can I still stay with my family?

Wind: 00:46:25 Of course

Tiancheng: 00:46:41 I see myself fearing freedom, afraid of losing my family after freedom

Wind: 00:47:02 There are quite a few *householder masters*

Wind: 00:47:30 Masters can even be kings

Page 37

1. *Release only the three wants.*
2. *Make it continuous and release immediately. Allow the wanting approval, wanting to control and wanting security to come into your awareness and immediately let it go.*
3. *Make it a Do It Yourself Tool.*

You now have all you need to go all the way to imperturbability.

Page 38

The Lester Levenson's *Six Steps* are achieved through continuous release

21:48:05 You must continuously gain pleasure from the sixth step to achieve the first step

Wind: 21:48:24 At the beginning, all *Six Steps* are useful

Wind: 21:48:37 When you don't want to release, remind yourself of step one

Wind: 21:48:45 Then decide to release, this is step two

Wind: 21:49:03 Directly release *wanting to control* and *wanting approval*, this is step three

Wind: 21:49:16 Release continuously, maintain continuity, this is step four

Wind: 21:49:34 When stuck, release the *wanting to control* the stuckness, this is step five

Wind: 21:49:50 Feel more pleasant and lighter with each release, this is step six

Wind: 21:50:16 Implement the *Six Steps*, do it continuously, it will gradually enhance the momentum towards freedom, thereby completely achieving step one

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Page 39

Wind: 21:01:24 Just like what I posted today, just relearn every time

Wind: 21:01:50 Actually, the *Six Steps* also serve this purpose

Wind: 21:02:05 Don't let the words obscure their true meaning

I am Infinite: 21:02:46 You said it's vague again

Wind: 21:03:05 Lester also thought you would get vague

Wind: 21:03:20 So at the very end, the last two years before he left, he summarized three

Wind: 21:03:32 Those three are a further concentration of the *Six Steps*

Page 40

Actually, in 1992, Lester further simplified the *Six Steps* into three steps

These three steps are the way to practice the *Six Steps*

You can find this three-step process at the end of the workbook

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Page 41

Fenglin Fenghua: 15:13:35 When stuck, release the feeling of wanting to change. Knowing now that I want to change, release the wanting to change, but there's no progress. Should I just keep releasing this wanting to change (*wanting to control*), keep asking this over and over?

Wind: No

Wind: 15:14:37 You don't always have to ask yourself questions

Wind: 15:15:07 Asking questions is a teaching method. At the end of the course, if you have mastered this method, he will tell you the *Six Steps*

Wind: 15:15:16 Why does the course tell you the *Six Steps* at the end?

Wind: 15:15:29 Because before you learn to release, these words are just words to you

Wind: 15:15:49 And after you learn, you have already experienced those things

Wind: 15:15:59 Therefore, you don't need any extra explanations to explain the *Six Steps*

Page 42

December 22, 2020

Wind: 20:56:24 Regarding questions like "can I achieve xx", I hope you can remember Lester's words

Wind: 20:56:50 *every impossible, no matter how impossible, become immediately a possible, as you completely released on it.*

Wind: 20:57:17 Every impossible, no matter how impossible, immediately becomes possible, as long as you *completely release on it*

Page 43

November 20, 2020

Tiancheng: I'd like to ask you for advice

Tiancheng: How can I move towards freedom more quickly?

Wind: Use Six Steps continuously, use it to the extreme

Wind: I can't give better advice than that

Wind: I strongly suggest you use it on everything

Wind: Utilize those goals

Wind: Utilize continuous gaining to promote your releasing

Wind: To enhance your momentum to release

Wind: If you get used to using it on every one of your goals, you will soon reach that place

Tiancheng: Mm

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Wind: 16:37:37 You are originally free, just obscured by the mind

Wind: 16:37:44 Freedom is not about creating something

Wind: 16:37:51 It's just ending an illusion

Wind: 16:40:15 If you truly want freedom, Lester will infuse it into you

Wind: 16:40:37 I'm not joking, Lester has been supporting this work

Wind: 16:40:56 He supports everyone who uses the *Release Method*

Page 45

Wind: 9:53 AM Now all masters are paying attention to people practicing the Sedona *Release Method*

Wind: 9:53 AM Because it's the only method for this era

Wind: 9:54 AM Other methods cannot guarantee you reach the goal in this lifetime

---

Page 46

Wind: 3:27 PM What the Buddha meant by "Dhamma as island" is not relying on a method

Wind: 3:27 PM Dhamma means relying on truth

Star of Bethlehem: 3:27 PM Refers to what?

Wind: 3:28 PM Reality

Wind: 3:28 PM Rely on oneself, rely on universal truth, rely on nothing else besides this

Wind: 3:28 PM *Self as island, Dhamma as island, nothing else as island*

Wind: 3:28 PM The Buddha's last words

Star of Bethlehem: 3:29 PM Indeed, the Buddha

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It's not about wanting speed, you can only rely on yourself

Page 48

Wind: 15:20:23 Actually, there is no method that relies on others for achievement

---

Page 49

March 14, 2021

Tiancheng: Teacher, can you tell me about your path to success?

Wind: The *Six Steps of Lester Levenson.*

Tiancheng: Why were you able to do it? While so many others cannot?

Wind: The *Six Steps*

Wind: Because you need other things, while I only need the *Six Steps*

Wind: Throughout the entire process, I only looked at the *Six Steps*

Wind: I don't need anything outside the *Six Steps*

Wind: If there's a secret to success, this is it

Page 50

Wind: 15:19:05 *Self as island, Dhamma as island, nothing else as island*

Wind: 15:19:15 Self as island comes first

Wind: 15:19:19 You must rely on yourself

Star of Bethlehem: 15:19:27 My goodness

Star of Bethlehem: 15:19:40 So self-reliance is very important

---

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Don't wait until a gun is at your head to do it

Wind: 22:27:29 You all know yourselves very well

Wind: 22:27:51 Although not that deeply, you will know your own behavior

Wind: 22:28:06 If there's dependence, you'll hold on

Wind: 22:28:31 If you depend on the external, you won't discover the infinite within

Wind: 22:28:37 These things are all very simple

Wind: 22:29:01 As someone who has attained *ultimate freedom*, I cannot be here

Wind: 22:31:31 As a self-reliant method, the *Release Method* doesn't have that many problems

Wind: 22:31:42 All problems arise when you deviate from the *Six Steps*

Wind: 22:32:00 Therefore, either you return to the *Six Steps* and continue releasing, or you head towards limitation

---

Page 52

When you seek help externally, that is an opportunity

Wind: 22:22:40 Notice it, release

Wind: 22:22:51 Find everything you want internally

Wind: 22:23:05 Absolute security exists only in your *infinite being*

Wind: 22:23:51 Among all kinds of help, none is better than destroying all your supports

Wind: 22:25:20 Lester told me the world would "knock down his pillars," so everyone would be forced to find answers from within. "That's good," he said. "It's not an explosion, but a lift-up," he laughed. Currently, people always seek happiness externally using various escapes provided by the world. Eventually, when external escapes are exhausted, he predicted, we will be forced to go within. "This is really a good thing," he said, "because people will be forced to find the answer, to know who they really are, just like I did." He always told me he was especially grateful for his heart attack.

Wind: 22:26:00 When all external escapes are knocked down, you will be forced to go within

---

Page 53

Wind: 18:36:35 I love you very much, but dependence is fatal to growth

Wind: 18:36:58 I hope that after I leave, you won't depend on those words or anything else

Wind: 18:37:13 But go directly to the goal

Page 54

March 11, 2021

Wind: 18:29:09 If you truly want freedom, implement the *Six Steps*

Wind: 18:30:31 Don't feed your mind anymore

Wind: 18:30:44 My leaving is the greatest support

Wind: 18:31:13 If you need an external master, you will never discover your own inner infinity

Wind: 18:31:31 Release, it will bring you all paths

Tiancheng: 18:33:02 Implement the *Six Steps* for one month, can it really be done?

Wind: 18:33:42 Of course

Tiancheng: 18:34:16 Okay.

Tiancheng: 18:35:43

Tiancheng: 18:36:30 Keep it up

Page 55

Wind: 17:03:26 I have encountered many people with severely suppressed minds

Wind: 17:03:39 They might need to repeat the process many times before they feel it

Wind: 17:04:30 Many such situations also appeared in Lester's original courses

Wind: 17:04:45 It's like riding a bike, some people can ride immediately

Wind: 17:04:55 Some people need to practice a bit longer to master the sense of balance

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The slightly special thing about me is that my memory is very good

After experiencing something, I can immediately find the corresponding original text Lester said

Therefore, I didn't describe the experience in my own words

But borrowed from Lester's teachings

Page 57

Wind: 16:56:15 The reason my releasing works so well is really only one

Wind: 16:56:23 That is, I conformed to the *Six Steps*

Wind: 16:56:30 I understood this method

Wind: 16:56:39 As long as you also use this method, the effect is the same

Wind: 16:56:46 There is no personal talent involved here

Page 58

If you drag this process out very long, then you are definitely not in the *Six Steps*

Wind: 22:58:39 Lester tells you, releasing once is equivalent to meditating for many months

Wind: 22:58:45 One release only takes a few seconds

Wind: 22:58:58 You only need a few seconds to equal months of meditation

Wind: 22:59:11 This method is extremely efficient

Wind: 23:00:21 You can look at the *Six Steps* and know if you are in them

Wind: 23:00:46 If you are in the *Six Steps*, your release will be continuous, and your pleasantness will continuously increase

Wind: 23:02:00 Make the decision for freedom

Wind: 23:02:13 Decide not to stop until you reach freedom

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December 16, 2020

Wind: If you can't do it in one month, you can't do it in two months, then freedom is impossible for you

Wind: You can't drag it out very long

Wind: You can't say, I do a little bit every day, and then become free after more than ten years

Wind: Implement the *Six Steps*, either you solve it within one or two months, or you will never achieve it in your lifetime

Wind: Because if you aren't free in one or two months, then you are not on the *Six Steps*

Wind: Not being on the *Six Steps*, how can you possibly become free?

Wind: Releasing according to the *Six Steps*, you can reach a very high state in one week

Wind: Even enter *Nirbikalpa Samadhi*

Page 60

July 26, 2021

Wind: 17:22:24 Course videos, workbook, pick them up and use them when needed

Wind: 17:23:29 But, in the end, you only need the *Six Steps*

Wind: 17:23:54 When you only need this one tool, the *Six Steps*, you are on the path

---

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Everything you need to know at the knowledge level is in the *Six Steps*

Page 62

December 31, 2020

Wind: In the *Six Steps*, you can release continuously

Wind: Not in the *Six Steps*, you will stop

Wind: Keep it by your side, remind yourself constantly

Wind: Continuity means not stopping

Wind: You might not understand now, because you are trying hard to release

Wind: But when releasing becomes your normal state, releasing is as natural as breathing

Wind: You just need to decide to reach freedom, feelings will keep surfacing and leaving

---

Page 63

January 2, 2021

Wind: In the *Release Method*, implementing the *Six Steps* leads to the goal

Wind: Not implementing the *Six Steps* means not reaching the goal

Wind: Do, or do not

Wind: Like Lester finally said to Ralph

Wind: You either do it or you don't. I hope you do it

Wind: Simple, or impossible

Page 64

March 14, 2021

Wind: Implement the *Six Steps*

Wind: 18:24:45

Wind: 18:25:52 When I say this sentence, actually, what I mean is, when you still need other things, freedom is impossible

---

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March 11, 2021

Wind: Implementing the *Six Steps* is very simple

Wind: Maintaining limitation is very difficult

Wind: See the feeling, let it go

Wind: Empty all feelings that drive your thinking

Wind: That's it

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March 13, 2021

Wind: 18:43:27 The most complete map is the *Six Steps* themselves

Wind: 18:51:58 The *Six Steps* are already the least simplified version; they take care of all aspects. Because it can be even more simplified

Wind: 18:52:30 That is what Lester said: *release all feelings, your mind quiet, that's it*

Wind: 18:52:51 If you want a complete map, that's the *Six Steps*

Wind: 18:53:07 Accomplish each step, and you succeed

Wind: 18:53:41 You don't need anything else, you just need to remind yourself to *keep it simple*

Wind: 18:53:56 When you complicate it, you are heading towards failure

Wind: 18:54:07 Because you are heading towards accumulating mind stuff, which is the opposite of releasing

Wind: 18:55:58 Further simplified is Lester's sentence

Wind: 18:56:12 *Release all feelings, your mind quiet, and you're there*

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Go use this method

Wind: 11:29:26 Release *wanting to control* and *wanting approval*, release those programs covering the "*fear of death*"

Wind: 11:29:38 Then allow the "*fear of death*" to surface and release it completely

Wind: 11:30:26 At the beginning, you release the programs of *wanting to control* and *wanting approval*

Wind: 11:30:33 You are only releasing these two kinds of programs

Wind: 11:30:52 As you release, those feelings, those thousands of thoughts about the body, disappear

Wind: 11:31:35 When you release the deepest *fear of death*, your entire mind disappears

Wind: 11:31:51 Your *feeling of separation* will dissipate, and what remains is *infinite existence*

Wind: 11:32:02 You will naturally identify yourself as *infinite existence*

Wind: 11:32:15 Is that clear enough?

Wind: 11:32:17

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Wind: 16:43:42 You must implement the *Six Steps*

Wind: 16:43:51 This way you can get all happiness from within

Wind: 16:45:28 Or by achieving goals through releasing to redirect your direction

Wind: 16:45:39 *get everything by releasing only*

Wind: 16:45:47 This can also keep you walking on the *Six Steps*

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When you release until "the only source of happiness is *infinite existence*" becomes your complete experience, you will naturally cease all actions of seeking happiness anywhere in the world

Wind: At this point, your flow direction changes, and you will automatically enter *Nirbikalpa Samadhi*

Wind: Once you enter, you will not come out again

Wind: No more falling back

Wind: Because the seeds of the backward path no longer have power

---

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Sometimes you might do other things all afternoon, not releasing

19:14:10 That's because the subconscious is seeking something

19:14:25 You can't force yourself to release

19:15:11 You need to see what you are seeking, and ask yourself "Can I get it from releasing?", see which way is easier and more joyful

19:15:17 Thus choose to release

19:15:47 This is why I say successful experiences are important

19:15:51 You have to get benefits first

19:16:12 Without benefits, you won't do it, that's your mind

19:16:38 It will find every way to avoid releasing, resist releasing

19:18:34 I remember I said before, paying attention to the sixth step truly got me into continuous releasing

---

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Emotions are the entry point, allowing you to learn to release. The workbook's final summary of the course is: *release three wants only*

Wind: Only release the *three major wants*

Wind: Lester's explanation of the *Release Method*

Wind: We first enter the conscious mind, release control, approval. And those other things you try to release, like fear — you know, you would spend hundreds or thousands of lifetimes releasing fear, and after that you would still have anger, and you would still have other emotions. But when you release *wanting to control*, everything underneath it is also let go.

Then when you release *wanting security*, you release all *wanting approval* and *wanting to control*, and everything underneath them. You are now too low, so you cannot attack *wanting security* directly. You are overwhelmed, you are terrified by death, so you let it operate you. But when you release a significant amount of control and approval, you will have the ability to face the *fear of death*.

Wind: If you release emotions, it would take hundreds or thousands of lifetimes to clear just one type

Wind: Releasing the *wants* is the method to reach the goal within one or two months

Wind: Only then do you enter the efficiency of the *Sedona Release Method*

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You actually don't need to enjoy anything

19:01:46

Wind: 19:02:13 *you don't need enjoy anything, be joy!*

Wind: 19:04:16 Write down the possibilities you think can bring happiness

Wind: 19:04:27 Where do you think happiness is?

Wind: 19:04:35 Not intellectually

Wind: 19:04:46 It's where you actually seek happiness

Wind: 19:05:10 If you suppress these desires, you cannot achieve step one

Wind: 19:08:29 You can force yourself to do homework and work, but you cannot force yourself to release

Wind: 19:08:31

Wind: 19:09:58 Let me elaborate on Lester's favorite teaching, *get everything by releasing only*

Wind: 19:12:53 What do you want? How are you planning to get it? Why not get it through releasing?

Wind: 19:13:02 This is how you practice

Wind: 19:13:11 You choose to release

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My method is that I constantly confirm my gains and my direction

Wind: 18:59:17 For example, she just wanted to listen to music, what did she want to gain from listening to music?

Wind: 18:59:27 Can that be gained from releasing?

Wind: 18:59:33 Can you give it a try?

Wind: 19:00:02 Constantly confirming your gains can keep you releasing continuously

Wind: 19:00:35 If you say "I must, I have to release, I can't listen to music", this won't work, because one direction of your subconscious is to listen to music, and you are suppressing it

Wind: 19:00:48 Your conscious and subconscious are at odds

Wind: 19:00:56 If you don't look at it, this won't succeed

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November 17, 2020

Wind: Rely on the *Six Steps*

Wind: Start with the *Six Steps*, end with the *Six Steps*

Wind: Use your gains to confirm your direction

Wind: It's not good if continuous release becomes your "task"

Wind: Continuous release is because every release has benefits

Wind: This is what the sixth step says, each release is lighter and more joyful

Wind: You feel good, so you continue releasing

Wind: If you just force yourself to release, you will stop

Wind: You won't be able to keep going

Wind: Because while you are suppressing your desires for the world

---

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July 26, 2021

Wind: 17:11:08 When you allow deeper garbage to come out, your emotions will go down

Wind: 17:11:13 But that's good

Wind: 17:11:20 That's facing deeper garbage

Wind: 17:13:08 Process, *release process*

Wind: 17:13:46 Let the feeling come out, categorize it as *wanting to control* or *wanting approval*, then let it go

---

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Wind: 08:15:58 Just use the process consciously

Wind: 08:16:07 Use feeling more

Wind: 08:16:15 Use less mental analysis

Wind: 08:16:29 This will also make releasing easier for you

Wind: 08:16:49 Of course, it will also be deeper

Wind: 08:17:04 Many people think their releasing is really good, simply because they haven't experienced deeper release

Wind: 08:17:09 They think releasing is just like that

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March 16, 2021

Wind: Unless you release the drive of those programs

Wind: If you don't release, it will continuously drive you to stir up activities

Wind: All brilliance, all creativity, comes from *infinite existence*

Wind: The mind is a mechanical program, it only repeats

Wind: Perhaps it can be said this way, a person free from the mind program truly begins to live

Wind: Before that, just a robot driven continuously

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Going out all night to force yourself, leaving the group, shouting slogans, that's useless

Wind: Because that's trying to eliminate karma through action

Wind: This only creates new karma

Wind: Only releasing is useful

Wind: If you don't release, your program will continuously drive you to do those things

Wind: Therefore, don't think any action you take can bring you freedom

Wind: Deliberate action, deliberate inaction

Wind: Those are not what need attention

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Release *wanting to control*, and you will no longer suppress the *fear of death*

It will surface for you to release

Lester said, release the mind, what remains is *infinite existence*

That's how simple it is

The mind is nothing but a collection of your feelings and thoughts

Wanting to control, *wanting approval*, *wanting security* (survival)

The *three major wants*

Lester sometimes uses *fear of death* to mean wanting to survive

It's the same meaning

Wanting to change is also a form of *wanting to control*

So just release three things

Wanting to control, *wanting approval*, *wanting to survive* (*fear of death*)

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So only by continuously releasing *wanting to control* and *wanting approval*, and then continuously releasing *wanting security*

Wind: 22:16:48 Can you reach the goal

Wind: 22:18:05 Implement the *Six Steps*, everyone can be free

Huixuan: 22:19:07 If you keep releasing continuously, you are always in the *Six Steps*, and you will be free

Wind: 22:19:22 Yes

Huixuan: 22:20:20 As long as you are in the *Six Steps*, you are releasing continuously, can it also be understood this way?

Wind: 22:21:47 Yes

Wind: 22:21:53 Use the *Six Steps* to test

Wind: 22:22:03 As long as you are in the *Six Steps*, you can be free

---

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Xiangxuan: 22:06:28 When I don't want to release, reminding myself of step one doesn't give me much feeling. Instead, reminding myself that I want to change, that I want everything to get better, gives me more motivation.

Wind: That works too

Wind: Releasing can make you freer

Wind: Freedom includes everything

Wind: Just provide a motivation to release

Wind: *Wanting approval* can develop into *wanting to control*

Wind: If you feel *wanting approval*, you need to release *wanting approval*

Wind: After releasing *wanting to control*, *wanting approval* becomes more apparent

Wind: After releasing enough *wanting approval* and *wanting to control*, *wanting security* becomes more apparent

Wind: If you don't release *wanting security*, *wanting approval* and *wanting to control* will be developed again, and this goes on endlessly

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Process for Releasing Wants

Step One: Allow yourself to feel the current feeling

Step Two: Notice whether it comes from *wanting approval* or *wanting to control*

Step Three: Can you be aware of this *wanting to control* (or *wanting approval*)?

Can you let it go?

Step Five: Do you still have any remaining *wanting to control* (*wanting approval*)?

Can you be more aware of this?

Can you let it go?

Repeat the awareness and release until you are completely free.

Just now someone in the other group asked about the basic process

I summarized the video content slightly

The guidance in the video is like this

This process can be used as a reference

Page 83

Wind: 22:03:36 If you are used to suppressing, you'll need more time to break the habit of suppressing

Wind: 22:04:00 Practice releasing more, this will also be quick

---

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Wind: 18:32:44 Make a decision to do it, to try releasing

Wind: 18:33:03 Disappointment or even despair is just a feeling

Wind: 18:33:23 As long as it's a feeling, it can be released, and the attitude after release is completely different from before

---

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Wind: 10:24:36 Releasing isn't that difficult

Wind: 10:24:53 We only think releasing is difficult because we are used to suppressing

Wind: 10:25:22 If you make releasing a habit, you'll find that suppression is what requires effort

Wind: 10:25:42 Until then, just keep deciding to release

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Wind: November 7 23:57:33 So the difficulty lies in you not doing it

---

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Keep doing it continuously, and you will completely release it

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Wind: November 7 23:54:38 You release first

Wind: November 7 23:54:48 There's no difficulty in releasing

Wind: November 7 23:54:55 It's just whether you do it or not, how many times you do it

Wind: November 7 23:55:02 If you can do it once, you can do it a second time

Wind: November 7 23:55:10 Then a third time, a fourth time

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Yes, as Lester said, you need to release enough *wanting to control* and *wanting approval*

Wind: 21:14:19 It's not about looking, it's about following the practice

Wind: 21:17:34 When the desire is brought out, it is released

Wind: 21:18:23 If not, you go back to the beginning of the process

Wind: 21:18:37 Relax the body, feel it again

Wind: 21:18:54 Identify what desire it is, let it go

Wind: 21:19:09 Keep it simple and easy, repeated practice will help you master it

Wind: 21:19:21 Thinking and analyzing will make it increasingly difficult to release

Wind: 21:19:30 Because the mind only replays past experiences

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Wind: 21:09:35 My advice is not to fumble around, just use the process directly

Wind: 21:09:53 If you don't feel anything the first time, do it a second time

Wind: 21:10:01 This will be faster

Wind: 21:10:11 Fumbling with the mind actually takes many detours

Wind: 21:10:17 Because the mind can only replay past experiences

---

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January 13, 2021

Wind: Back then, I spent a long time finding the feeling of releasing for the first time

Wind: The *Release Method* is suitable for everyone

Wind: Practice simply, and then you'll get it

Wind: At that time, it also took me a long time to find the feeling of releasing

Wind: Because I analyzed too much

Wind: The less you analyze, staying relaxed, just using it, the faster you'll learn

---

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Wind: 10:53:26 *There is no free will in worldly living.*

Wind: 10:53:39 Note, *there is no free will in worldly life*

Wind: 10:54:55 There is only one thing with free will, choosing to identify with your body or *infinite existence*

Wind: 10:57:50 Striving to make money won't make you richer, studying hard won't make your grades better, working hard on health won't make you healthier

Wind: 10:57:57 Understand? These are all pre-programmed

Wind: 10:58:11 Only removing programs is useful

Wind: 11:33:58 Trying to change something through action is just a delusion of people, completely useless

Wind: 11:34:09 Yet most people don't understand this

Wind: 11:34:48 Karma drives action, and your actions trying to change karma are also driven by karma

Wind: 11:36:34 Jack Ma, Bill Gates don't know why they made money and lost money; their summaries of their success experiences are just guesses based on seeing the surface

---

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October 3, 2020

Wind: 13:45:52 *Process for Releasing Emotions*

Step One: Allow yourself to feel the current feeling, and trace it back to an emotional state (apathy, grief/sadness, fear, lust/greed, anger, pride)

Step Two:

Ask yourself, can I let this feeling go?

Am I willing to?

When?

Step Three: See what feeling you have now, and repeat the previous process

---

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Action Steps Process

Goal: I allow myself to easily achieve and maintain an ideal weight.

What do I feel I need to do to achieve this goal?

Go to the gym

Start dieting

Stop eating snacks

How do I feel about doing this now?

Embarrassment (I don't like exercising in public) ---> *Wanting approval? Wanting to control?*

Resistance (I don't want to diet) ---> *Wanting to control? Wanting security?*

Sadness (but I'm willing) ---> *Wanting to control? Wanting approval?*

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Goal Process

Goal: I allow myself to easily achieve and maintain an ideal weight.

How do I feel about my goal right now?

Craving ---> I want to eat ---> *Wanting approval, wanting to control.*

Feeling of control ---> I hate dieting ---> *Wanting to control.*

Feeling of failure ---> I don't have time to exercise ---> *Wanting approval, wanting to control.*

Fearlessness ---> I can do it! ---> *Wanting approval.*

[File Content End]

[
V3.4 –
Wind – Feng -- Lester Levenson Six Steps – Lester Levenson (The Sedona Method) - Lester Levenson The Sedona Release Method Technique – Lester Levenson – Translations of The Screenshots WeChat and Images content of Wind (Feng)'s pointers on Lester Levenson.

THE END
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